

JAMES JORDAN

'I'd hate to dance with Jamelia'

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15 SEPTEMBER 2015
ISSUE 36

'Why I was tearful and comfort-ate most of last year'

AMANDA REDMAN

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I don't want to be the Princess of Wales



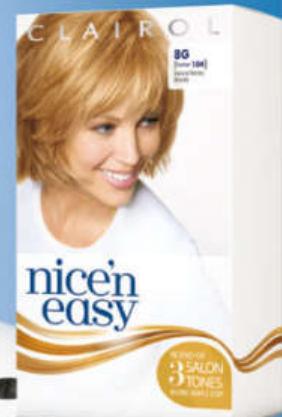
Mel: 'I'm fearful of having a stroke'

SECRET SADNESSES
Sue: 'I can't have children'

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best Contents

EVERY TUESDAY 08.09.15

Resurrection



When people die in soapland, it may be wise to save your tears, as many have a knack of coming back to life! It's not that we aren't delighted to see Gillian Taylforth back in *EastEnders* as Kathy Beale, but the rate at which characters return from the dead in TV dramas would put most zombie films to shame.

Gillian's character died in a car crash in 2006, but now we find out it was an insurance scam, and Kathy was manipulated by her evil husband Gavin. Not long ago, Nick Cotton (John Altman) 'died' for the second time after first losing his life in 2014 from a drug overdose. And remember Dirty Den Watts (Leslie Grantham), who was dead for 14 years before returning in 2003? Also, on *Hollyoaks*, Mercedes McQueen (Jennifer Metcalfe) was killed last year, but has since returned to the show.

It seems that in 1986, when *Dallas* brought back Bobby Ewing (Patrick Duffy), they started an irresistible soap trend.

Jane Ennis, Executive Content Director

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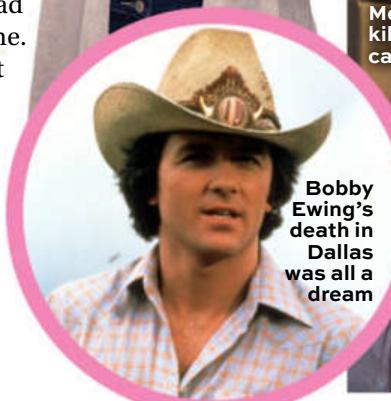
EastEnders'
Kathy Beale
faked her death
in a car crash



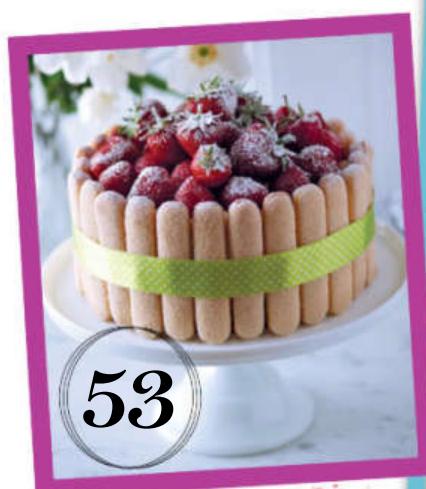
Dirty Den
returned to
Walford



Hollyoaks'
Mercedes was
killed off but
came back



Bobby
Ewing's
death in
Dallas
was all a
dream



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THE *news* *edit*



CAN IT BE 30 YEARS SINCE NORWEGIAN BAND A-HA STOLE OUR HEARTS?

INDEED IT CAN, AND IT LOOKS LIKE WE MIGHT HAVE A CHANCE TO SWOON OVER THE CHISELLED CHOPS OF MORTEN, MAGS AND PAUL ONCE AGAIN – BECAUSE THEY ANNOUNCED LAST WEEK THAT THEY ARE REFORMING!

The band will play a concert in Rio de Janeiro, Brazil, where they first played to a 198,000 crowd in 1991, to celebrate their 30th anniversary.

Front man Morten Harket, 55, who is now a dad-of-six, has fond memories of the gig.

He said, 'I watched Guns N' Roses from the side of the stage as they played for 160,000 people. It was a fantastic concert and the first time I'd seen the size of the audience.'

Other big names back then at the nine-day festival, Rock In Rio, were INXS, Prince, George Michael and New Kids On The Block – remember them?

Keyboardist Magne Furuholmen, 52, who is still married to his childhood sweetheart and has two sons, added, 'When the band got an offer to return, it was impossible to turn it down.'

COMPILED BY: DEIRDRE O'BRIEN, LARA NUGENT, JAYNE SAVVA. PICTURES: BBC, RETNA, NICKY JOHNSTON/RADIO TIMES, TWITTER/BBC BREAKFAST



MARTIN AND CAROLINE ARE BACK TOGETHER

IN THE 90S THEY HAD US ALL LAUGHING AS ON-SCREEN LOVERS DOROTHY AND GARY IN THE SITCOM *MEN BEHAVING BADLY*.

Now Martin Clunes and Caroline Quentin are to be reunited in an episode of *Doc Martin*.

Clunes, 53, returns as the title character in the show's seventh series and Quentin, 55, will appear as a vet who's unimpressed by Martin's know-it-all behaviour.

Sadly, both have rejected calls for the sitcom to return. 'Come on,' Quentin said recently. 'Who'd tune in to watch characters who'd be pathetic, middle-aged losers now?'

3



ER'S GOT TALENT

JOINING THE LIKES OF JULIEN MACDONALD AND JENNY PACKHAM, SIENNA MILLER'S OLDER SISTER, SAVANNAH, IS THE LATEST NAME TO BE ADDED TO DEBENHAMS' GROWING DESIGN PORTFOLIO. Her collection, Nine by Savannah Miller, is named after her lucky number and prices start at just £16. The collection is available in stores now.

Jumper, £45



Clutch, £39

Boots,
£45

Grey knit,
£30
Satin skirt,
£55



SETTING THE BARR HIGH

WITH HER SHOCK OF PLATINUM BLONDE HAIR, AND SLIMMED-DOWN FIGURE,

Roseanne Barr cuts a very different figure to her previous look as the larger-than-life comedienne whose sitcom made her a star in the 90s. Roseanne, 62, had gastric band surgery in 1998, then breast reduction, a tummy tuck and a nose job.

Stepping out in a stylish top, a statement bag and cool shades, she's looking good. No wonder she's smiling.

Up close and personal again – but this time as enemies

4

Roseanne is loving her new look



5

BILL BUZZES OFF!

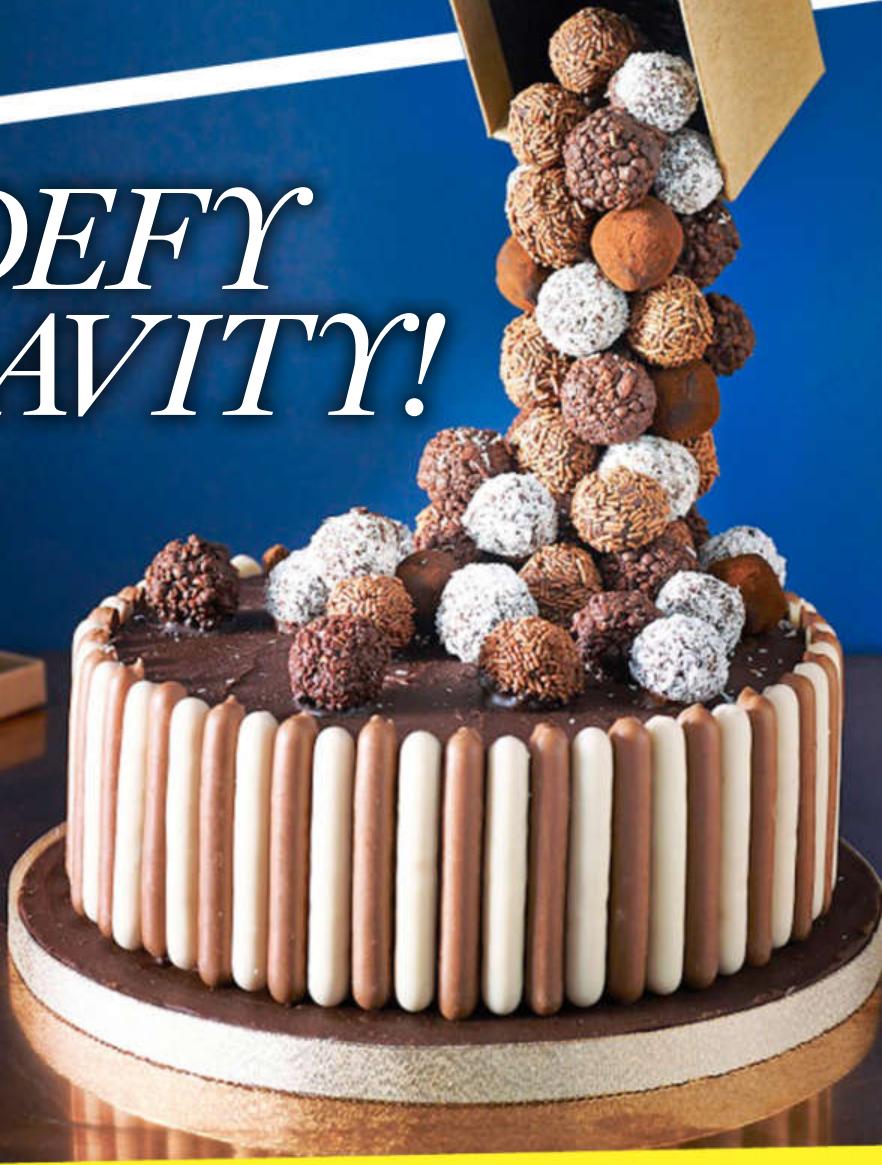
BBC BREAKFAST PRESENTER BILL TURNBULL IS QUITTING THE SHOW and giving up his 3am alarm call to spend more time bee keeping! When he finishes early next year, the dad-of-three, 59, is hoping to move to Suffolk with his wife, Sarah, to enjoy a more rural life and stay up later than his usual 9.30pm curfew. We wish him all the best and just hope he doesn't miss the buzz of early morning live TV too much.



DEFY GRAVITY!

THIS MIGHT LOOK IMPOSSIBLE, BUT CREATING a stunning showstopper is easier than you might think! With a little help from the new Lakeland Anti-Gravity Pouring Cake Kit, £9.98, you can build up an impressive edible centrepiece that will have everyone guessing. It comprises a base, rod and cornerpiece which you place your cake on. All you have to do for your own private *Bake Off* is get creative with your icing, sweets or props – just add a sprinkling of imagination!

6



FAREWELL TO JOY, THE ORIGINAL GIRL BAND STAR

THERE WAS SAD NEWS WHEN we learned that Joy Beverley, eldest of the singing Beverley Sisters, had died at 91. As a glamorous singer in a chart-topping girl band in the Forties and Fifties, and married to England football captain Billy Wright (left), she was the Victoria Beckham of her day. Joy, with twins Teddie and Babs, had hits such as *Bye Bye Love*, *Always and Forever* and *I Saw Mommy Kissing Santa Claus*. The sisters, who wore identical outfits, were awarded MBEs in 2006. Joy's daughter, Vicki, said, 'She was a wonderful mother and unbelievable icon. We'll miss her desperately, but she's with our dad, which is where she would want to be.'



8



See how they GROW!



7

9



LORRAINE'S BAD HAIR DYE!

WE WERE DELIGHTED TO SEE HER BACK ON THE BOX THIS WEEK

However, we couldn't help noticing that Lorraine's normally glossy locks were looking a little dull, flat and oddly coloured. The reason? Like most of us, she's lightened up over the years. While it can look fabulous, if left without any TLC, those flat orange undertones can creep up on the best of us. The good news is, it's easily rectified with super-conditioning and colour correction at the salon. Let's hope she has her stylist on speed dial.

WE'RE GLAD TO SEE JULIA

ROBERTS and her dashing husband Daniel Moder looking like the picture-perfect family with their brood. Before Julia met cameraman Dan on the set of her film *The Mexican* in 2000, she was unlucky in love, having dumped actor Kiefer Sutherland days before they were due to wed. Later, her two-year marriage to country singer Lyle Lovett ended in divorce. But Julia, 47, looks happy and radiant in this rare picture taken with 10-year-old twins Phinnaeus and Hazel and eight-year-old Henry at a clothing launch last week.

The Oscar-winning actress took a step back from acting to raise her kids. She said, 'It's my privilege and an honour to cook three meals a day for my family, and it's a luxury on a level that I didn't even realise.' It's obviously agreeing with her – she still looks every inch a Pretty Woman.

10

SEX KITTEN STILL ROCKS!

ANN-MARGRET CAN STILL GET GUYS ALL SHOOK UP AT 74.

Elvis Presley's ex, who was twice Oscar-nominated earlier in her acting career, looked as gorgeous as ever of late, filming *Going In Style* with Michael Caine and Morgan Freeman.



Why Kate dreads being Princess of Wales

She knows she can't stay home forever, but the Duchess of Cambridge fears the day she must take on Diana's title...

She's been called the 'disappearing Duchess' and a 'royal recluse', but with two young children to look after, it's not surprising that Prince William's wife, Kate, is keeping a low profile at the couple's Norfolk home, Anmer Hall, on the Sandringham Estate.

However, friends say that one reason she has cut down on public appearances is a dread of becoming the Princess of Wales. It is a title, it seems, that no-one wants to inherit, with Prince Charles's wife, Camilla, preferring to stay as the Duchess of Cornwall, rather than invite comparisons to Princess Diana, the woman she usurped.

At the heart of Kate's determination to lead a 'normal family life' is a promise William made, that she would never be subjected to the treatment meted out to Diana by the press and Palace courtiers.

According to Richard Kay, the journalist closest to

Diana, 'Middleton rules were established so that the middle-class values embodied by Kate's family weren't abandoned the moment Kate became a Duchess.

'They were also to prevent Kate being strait-jacketed into the royal way of doing things, and allow her to strike a balance between her duties as a wife and mother, and the expectation that she would undertake official engagements.'

He added, 'Living up to the public image of Diana has proved a strain for Kate.'

'She doesn't approve of the constant comparisons with Diana and it's rumoured that when the time comes, she might not want to be Princess of Wales at all.'

A friend of the couple revealed, 'Catherine is dreading the future so she's determined to make the most of this time and, as far as possible, she wants to have a normal life bringing up her children.'

'She wants to have a third child so she may put off full-time royal duties till then.'

In an interview in



Kate is constantly compared to Princess Diana

It's thought that she might not want to be the Princess of Wales



The Duchess may want a sibling for George and Charlotte

July, when he started his job as an air ambulance pilot, William admitted there was a dilemma for the couple, who want to support the Queen, 89, and Prince Philip, 94.

'The Queen is still very active', he said. 'At some point there is going to be a lot more pressure and responsibility from the other side of my life, but, at the moment, I'm juggling the two of them with a young family.'

William and Kate may want to stay at home with George, two, and four-month old Charlotte.

But they realise they have to perform royal duties, and a grand tour of Caribbean countries is being planned for the four of them next year.



Kate is enjoying bringing up her children



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Are the Loose

With viewing figures in decline, five former stars from *Loose Women* are said to be reforming for a rival series. Could it be the end for the ITV show?



With Carol McGiffin, Denise Welch, Lisa Maxwell and Carol Vorderman going to Blackpool recently to meet up with old *Loose Women* buddy Jane McDonald, are the rumours that C5 are planning a rival daytime show true?

Carol McGiffin, 55, isn't doing anything to dispel the gossip. She has teasingly tweeted, 'Is this a rumour I see before me? Watch this space to find out...'

Meanwhile, Lisa Maxwell, 51, added, 'Not allowed to comment... arghh.'

And Denise Welch, 57, tweeted, 'A little whisper about the old slack lasses??!!'

Carol Vorderman, 54,

retweeted Carol's comment, adding, 'Ooooh... Ssssshhh.'

There's no doubt the five have remained close and according to a source, 'They are genuine friends with great chemistry, so it would be a great idea.'

'These ladies know how to have a good time, it would be one hell of a laugh.'

There's even been talk of An Audience With Carol, Denise & Lisa theatre tour, so they're undoubtedly keen to work together again.

Meanwhile over at ITV, yet another new producer is taking over the reins of *Loose Women*, hoping to reverse the ailing show's fortunes. More than two million



'legends' back?

watched when the old guard were on air, and it's now around 700,000.

But, so far, things are not going well. Last week, the show tweeted a poll asking, 'After Pretenders singer Chrissie Hynde's comments, we're asking is it ever a woman's fault if she is raped?'

The poll caused outrage among both viewers, who tweeted their disgust, and rape charities.

Rape Crisis called the poll 'ill-considered, insensitive and insulting' and said responsibility for rape always lay with the perpetrator.

'Legally, not to mention morally, rape is always 100 per cent the responsibility of

its perpetrator,' said spokesperson Katie Russell.

'A programme like *Loose Women* could choose to use its high profile to raise awareness and understanding of rape, its impacts and prevalence, and to support and encourage survivors to seek services like those Rape Crisis offers,' she added.

'Instead, they've reinforced myths and stereotypes with this ill-considered, insensitive and insulting poll.'

ITV then offered an apology but the victim-blaming poll will have done nothing to help the troubled show.

So it seems the timing's perfect for a rival station to sign up the *Loose* legends...

As Carol M puts it, 'Watch this space...'

Courteney
@CourteneyInglis

@loosewomen We should be teaching people that rape is wrong and not to do it, not teaching people prevention methods on how to not get raped

1:03 PM - 1 Sep 2015

4 2 1

Andrew Sharp
@Andrewsharp1

@loosewomen never. The only cause of rape is rapists. There is no room for victim-blaming.

Hannah Elizsch
@hannahelizsch

@loosewomen Debating whether behaviour may invite rape is unbelievable. Things that cause rape? Rapists. It's really quite straightforward.



The hidden sadness Bake Off's funny

MEL I'M TERRIFIED OF A STROKE

Behind the mega-bright smile of Mel Giedroyc is the fear of a fate already suffered by her mum and brother...

The Great British Bake Off is back on our screens, pulling in over 10 million viewers a week, and Mel Giedroyc's career is at an all-time high as one half of comic duo Mel and Sue, the show's bubbly presenters.

Yet, off-camera, Mel harbours a secret health fear. A stroke almost killed her beloved mum, Rosy, at 54, and her brother, Miko, had one when he was only 49.

Mel is now 47. But, even though she fears a stroke could happen at any time, she doesn't want to spend all her life worrying.

'I know from my own family experience how strokes can change lives forever,' Mel says. 'I should go to the doctor and have a full check, but my head goes into the sand.'

Mel grew up as the youngest of four in Epsom, Surrey, with her artist mum, Rosy, and Polish historian dad, Michal. She attended the £13,674-a-year Oxford High School For Girls and won a place at the University of Cambridge, where she met Sue Perkins.

The pair formed a double act, even appearing at the Edinburgh Festival Fringe.

But, just after graduation,

Rosy suffered a near fatal-stroke, meaning Mel had to put her budding career on hold to move back home and become her primary carer.

'It was terrifying - we were literally living hour by hour. She was bedridden and at the point of checking out, saying some pretty final things to us,' recalls Mel.

Fortunately, Rosy made a remarkable recovery. 'Her sight was badly affected and she was quite fragile, but she was still living and that was the most important thing,' her daughter recalled.

Then Mel's brother Miko, a musician, also suffered a stroke, aged just 49.

But, like most of us, Mel prefers to put on a brave face, and 'just get on with it.' Happily married to TV director Ben Morris, she's mum to Florence, 13, and Vita, 11.

'My kids are the best thing that ever happened to me,' she says. 'I know that sounds flipping cheesy, but it's totally true. They make everything worthwhile.'



ss of girls Mel & Sue



The comedy couple are household names thanks to *Bake Off*

'Seeing Mel's daughter made me want a baby'

SUE MY BRAIN TUMOUR MEANS I CAN'T HAVE KIDS

Sue Perkins opens up about the real reason she will never be a mum...

She's extremely clever and extremely funny, but it seems the old adage that we don't get it all in this life is true. For Sue Perkins will never hold her own baby, thanks to a benign brain tumour.

Back in 2007, Sue learned that she had a growth on her pituitary gland, a secret she's kept until now.

'I'm lucky that it's benign, so it's not a worrying thing in itself,' Sue, 45, reveals. 'Sometimes it's big and makes me mad, sometimes it's small and is in the background.'

The tumour affects her reproductive hormones, meaning she is unable to have children – a revelation which left her longing for a baby.

'When Mel had her first child [Florence], I thought, this is an experience I won't have or share. As soon as someone says you can't have something, you want it more than anything,' Sue admits with painful honesty.

She says her dog, Pickles, was her best friend through many of her health ups and downs – she was devastated when he died last year.

'I spoke to Pickles in the dead of night, when I was miserable. He stewarded me through my thirties and into my forties, which were difficult times,' she recalled.

But things are looking up for Sue these days. She's been dating Channel 4 presenter Anna Richardson, 44, for the past two years and, thanks to the popularity of *Bake Off*, she's a household name who commands over £100,000 a series. Her eagerly awaited autobiography, *Spectacles*, is out in October.

As ever, the star is putting on a brave face. 'Ta for sweet tweets about my prolactinoma,' she told her fans on Twitter.

'It's benign & non-symptomatic. All fine, Let's focus on those less fortunate in the world.'

JOKING APART...



Sue with partner Anna Richardson

*Every family
has a story...*



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M&Co

Play The Great British Bake Off Bingo

It's not just the cracking cakes that keep us tuning in...

If you love the hit BBC cookery show, here's another way to enjoy all the cheeky innuendos, baking puns and Paul and Mary's catchphrases – Bake Off Bingo! Keep this page handy and, whenever you spot something featured on the bingo card, tick it off and have a cake! Get set, play...

A CONTESTANT
NERVOUSLY
PEERS
INTO THE
OVEN



THE OVEN IS
NOT HEATED
TO THE RIGHT
TEMPERATURE

MARY
PRAISES THE
CONSISTENT
SIZE OF
A BAKE

THE FIRST
BLUE PLASTER
SIGHTING



A
contestant gets
interviewed
in the rain

AN
INGREDIENT
IS MISSED
OUT



Cake collapses



MARY SAYS,
'A GOOD, EVEN
BAKE'



SUE PUTS
ON A FUNNY
ACCENT



PAUL OFFERS
A CONTESTANT
'GOOD LUCK'
WITH A
SLIGHTLY
SARCASTIC
TONE



CAKE
OR BAKE
INGREDIENT
LEAKS OUT

MEL CALLS
SOMEONE
'MY LOVE'



PAUL FIXES
SOMEONE
WITH AN
ICY BLUE
STARE



SUE MAKES
A BAKING-
RELATED PUN

THERE'S
A SHOT OF
WILDLIFE
OUTSIDE
THE TENT

AN UNUSUAL
INGREDIENT
MAKES MARY
RAISE HER
EYEBROWS



CONTESTANT
STARTS A
BAKE AGAIN



PAUL SAYS
'SOGGY
BOTTOM'

Take your partner please

Saturday night, the stars paired with their pro partners. I remember that moment. Your heart's pounding, they call out your celebrity and you have just three weeks to train them for the first live show – it's that punishing.

If I was still on the show, the lady I would definitely NOT have wanted is Jamelia.

We'll see if she's fibbing about her zero dancing ability, but everything I've heard about her makes me think she might be difficult and, paired with me, would not be good. She wouldn't get away with it...



PETER ANDRE & JANETTE MANRARA

Pete is a good-looking guy with a massive fan base, so no matter who he was paired with, he was always going to be good. Janette's a lovely girl and also the shortest in the competition, which is a bonus for Pete, as he's not tall. Expectations are high for Pete, but I think he'll live up to them.



James Jordan gives us his favourite Strictly couples and names the celeb he'd hate to dance with...



KATIE DERHAM & ANTON DU BEKE

Katie has called Anton 'my guilty pleasure', and I'm sure this pairing will be entertaining. Katie did ballet as a kid – but, apparently, so did Nancy Dell'Olio – so that doesn't say much, does it? If she took ballet to a high level, she could be very good. Anton hasn't been given an 'Ann Widdecombe', but it's become predictable that he never gets the favourite. I think it's quite a shame.

rs



AINSLEY HARRIOTT & NATALIE LOWE

The tallest girl in the competition, Natalie was a natural fit for 6ft 3in Ainsley. I predict he's going to be the people's champion. He doesn't take himself seriously and certainly won't worry about putting on the sequins. This could be a recipe for success.



Strictly Laid Bare

James Jordan is our outspoken Strictly columnist

IWAN THOMAS & OLA JORDAN

In my opinion, whoever gets Ola has the golden ticket. What else can I say? I'm very happy for her. They are a good-looking pair and he is an Olympian who could probably even help my wife with her training! We will definitely go out with him socially. He seems like he won't take himself too seriously – which is by far the most important thing about Strictly.



KIRSTY GALLACHER & BRENDAN COLE

Nice to see Brendan with a pretty woman. If she can dance, he has a chance, and he won't put up with any nonsense. He and I are very similar like that. If he thinks he can get her to the final, he will work her hard.



KELLIE BRIGHT & KEVIN CLIFTON



EastEnders actress Kellie should be an easy one for Kevin to teach. She says 'Kevin from Grimsby' was 'at the top of my list.' She went to Sylvia Young Theatre School, so it won't be the first time she's learnt a dance routine – but will she be any good? Only time will tell.



Cancer taught me the real meaning of beauty

When Marion Davren, 54, from Glasgow, was robbed of her looks, it was her strength that shone through

Travelling the globe, mingling with the rich and famous and starring in glamorous photoshoots, I felt on top of the world.

With my long blonde hair, pretty face and perfect figure, I'd made a success of my looks since the age of 17, when I'd been scouted by a modelling agency.

I went on to win high-profile modelling contracts, the titles of Miss Ibiza and Miss Glasgow, and even worked as a Playboy bunny at a casino in London before moving to Los Angeles when I was 24, to work as a cocktail bunny. I even partied at the Playboy Mansion. At other parties I rubbed shoulders with stars from Claudia Schiffer and Naomi Campbell to Rod Stewart, Bruce Willis and Sean Connery.

Specialising in lingerie and swimsuit photoshoots, I took pride in my body, and loved the life and career I'd built because of my appearance.

When I was 28, I set up a modelling agency in Dubai, and it was there I met my now ex-husband, with whom I had my son.

However, my marriage eventually broke down and, in 2001, my boy and I returned to Glasgow, where



MARION'S TOUGH JOURNEY

we built a new life.

After so many years travelling I craved stability, and I found comfort when I met Harry Morris, who was kind and funny.

But, in August 2007, after undergoing a routine mammogram, one doctor's words sent my whole world crashing down around me.

'You have cancer. If you don't have treatment immediately, you'll be dead in three months,' he said.

I was in disbelief. Because I suffered from lumpy boobs, I'd had regular mammograms, the last one was just a year before. It felt like the disease had sneaked up on me overnight.

There were three dangerous tumours in my breasts. I was sure I was going to die.

I'd gone from not knowing I had cancer on Monday, to having aggressive chemotherapy on Friday.

Now, my hair - my crowning glory - started falling out after just 17 days of treatment. Then, two days later, it was all gone.

I wouldn't have got through it if Harry hadn't been by my side.

He'd pick me up and take me to my appointments, sit with me during chemo, make me laugh or sit as we both read a magazine. He was like a safety blanket.

In January 2008 I

underwent a double mastectomy, removing what I'd always felt were my prized possessions.

Where my breasts had been was flat and bandaged.

I was in shock, but I wasn't out of the woods. In time, I had my ovaries removed, too.

I was a broken woman - my life had fallen apart.

The amazing career I had built up for myself before the cancer was reliant on my looks. My hair, my boobs and my femininity had been taken from me. I was having hot flushes and was badly burnt from the radiotherapy.

My cards had been handed to me and there was nothing I could do - I just had to fight the fight.



They don't use words like 'remission' so much any more, but, finally, after all the treatments, the doctors said they could no longer detect cancer in my body.

But instead of celebrating, I had a breakdown.

Looking in the mirror, I didn't recognise the woman staring back at me. That's when the depression hit.

I was diagnosed with post-traumatic stress disorder and had to spend five weeks in The Priory.

Afterwards I thought, 'What do I do now?'

While I was grateful to be alive, I couldn't handle having no breasts, hair or ovaries.

I tried to cover my bald head with cheerful scarves and even got a wig specially made, but nothing could make me feel myself.

I was bloated from steroids and I was amazed at the amount of thoughtless people I'd meet who would say, 'You've put on weight.'

For two years, I couldn't face the world.

Cancer is something that stays with you even after you remove all traces of it from your body. It changes your whole thought process.

I never stop thinking about it. It's always there. I've used fundraising and

raising awareness of Legacy Giving to help me move on. The day I decided to fix my will to leave everything to cancer charities was joyful.

Celebrating with a bottle of wine, it felt great to be giving back to the charities that had helped me. From the nurses who called to check I was OK, to the people who helped me with chores.

Now I give talks to try to inspire other cancer sufferers to keep fighting the disease.

I'm proud to know I've encouraged people to leave money to cancer charities in their will, and that I've come out the other side after a horrendous few years.

Harry and I went to Las Vegas to celebrate being five years free from cancer – a day I thought I'd never see.

Despite the illness, I've had a busy, exciting and dramatic life. The cancer has taught me that I'm stronger than I ever thought I could be.

I want other women to realise that there is a light at the end of the tunnel and that, even at your lowest point, you can make it to the other side. I'm living proof.

● Marion is supporting Cancer Research UK's Legacy Giving campaign. For more information about writing a gift in your will, visit cruk.org/writeanend

THIS WEEK... PRICE HIKES IN HOSPITAL SHOPS

TALKING POINT



HOSPITAL SHOPS

Eamonn: WH Smith has been caught selling 'get well soon' cards at Bristol Royal Infirmary at almost double the price that it charges on the high street. Marks & Spencer sticks an extra £7 on to a £10 bunch of flowers in Falkirk just because they are sold in the hospital, while the price of its egg and cress sandwiches at the Royal Free Hospital in North London will make you choke compared to an outside branch only yards away. I could go on and on but the evidence is there for all to see after *The Times* newspaper gathered price comparisons from 10 hospitals across eight cities in Britain. In short, two of the country's biggest retailers, WHSmith and M&S have been routinely charging customers up to 50 per cent more for hospital shop goods compared to its stores outside.

Ruth: Even if you are not already, it's enough to make you sick, isn't it! It's not so much that we're a captive audience, like we are at motorway service stations, but everyone involved is weak or vulnerable. They've got us where they want us and, boy, are they making the most of it. Nobody wants to be in hospital – not the patients nor the visitors but, from the moment you park your car to sitting down beside whoever you are visiting and watching TV, everything has a price. In this case, the price of everything and the value of nothing.

MAGGIE'S GOT IT LICKED

Eamonn: Some of the loveliest feelings in life are to be wanted, missed, needed and loved. I am lucky enough to be able to report that I am shown those affections every single day when I come home from work. Not from my wife or children (who I'm sure love me in their own way) but from my little rescue dog Maggie. Humans could learn a lot from doggies.



WHAT DO YOU
THINK?
Tell us your views at
BestDaily

best
daily.co.uk



TOILET HABITS

Eamonn: This is what I don't like about Twitter. As a matter of fact, I think it amounts to trolling – and I may take action!

Ruth: What, like actually replacing the loo roll?

NOD OFF



Ruth: We have a rule in our house if my husband has fallen asleep on the couch watching telly I have to leave him there. I used to think I was doing him a service by waking him so that he could have a proper sleep in bed but he disagrees.

Eamonn: I am having a proper sleep already, which I often find hard to come by. There is nothing worse than craving sleep, finding it and then being shaken out of it!

Ruth: As this picture proves I have now learned my lesson and leave him to it.

Double Take



News, views and a fresh take with **Eamonn & Ruth**



BULLYING BLIGHT

Ruth: Bullying is a scourge that most of us have been victim to, taken part in, or had to deal with on behalf of our kids. It's always been around and new research shows that it's not going away. One in three kids are worried about returning to school due to bullying.

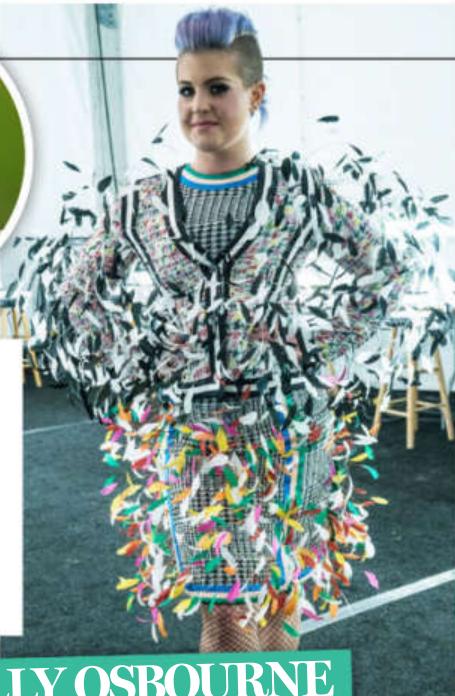
Eamonn: Of the school children asked, 45 per cent say they're bullied daily. While 67 per cent of adults say we were bullied at school. And 50 per cent of adults are still affected today by bullying at school. Some of us have come through the experience better than others, and we all find ways to cope, but there is a big difference to what anyone over 25 has experienced and what's happening today.

Ruth: And that difference is social media. We could all get respite from the horribleness at home. But that doesn't happen now. We must let youngsters know that it's important to talk about bullying. Standing up for themselves isn't about hitting back. Learning to like themselves is the toughest thing they may have to do, but it will also be the most important thing. They should know that someone is there to help them.



PIXIE LOTT

English beauty Pixie Lott, 24, is cute as candy as she takes style tips from a rose-coloured starling.



KELLY OSBOURNE

It's not just the outfit, ladies. If you want to be a bird like this lilac-breasted roller, you need the hair to match, too, à la Kelly Osbourne, 30.



NICOLE KIDMAN

Nicole Kidman, 48, reportedly wanted a part in Downton Abbey, so modelled herself on one of the peacocks from the grounds of the show's Highclere Castle!



MIRANDA KERR

Poised and elegant, no wonder Miranda Kerr, 32, channelled a beautiful swan as she catwalked for a Victoria's Secret fashion show.



HIGH F



PALOMA FAITH

Paloma Faith, 34, possibly does the best impression of a turkey... ever!

IMAN

With pink feathers and long limbs, model Iman, 60, has well and truly nailed that pink flamingo look.



KIM KARDASHIAN WEST

When Queen of the Bots, Kim Kardashian West, 34, saw this white peacock's rather splendid behind, she decided to dress her famous bum the same way. Well, if you can't beat them, join them.



FLYERS

These celebrities are taking fashion inspiration from our feathered friends – and don't they do it well?!

LADY GAGA

She's known for her eccentric fashion sense, but we think Lady Gaga, 29, looks rather lovely as a great egret.



Beauty masterclass



Lisa Potter Dixon



Liquid eyeliner

Always wanted to know the knack to framing your eyes? Read on... and you'll be picture-perfect!

LISA POTTER DIXON With over 12 years' experience in the beauty industry and a job as Benefit Cosmetics' head make-up and trend artist, Lisa Potter Dixon is a regular at London Fashion Week, and in hot demand to work with leading fashion designers such as Matthew Williamson.

Spearheading the Benefit Training Team and with her first tutorial book, *Easy On The Eyes*, out this month, Lisa's in a great position to teach us a thing or two about one of the tougher tricks of the make-up trade - liquid eyeliner.

'It's one of the biggest beauty dilemmas out there,' admits Lisa. 'So practice makes perfect. Don't give up, as liner defines your eyes and makes them look bigger and bolder - instantly.'

Here's Lisa's guide to flawless application

● **Start by applying an eye primer** all over the eyelid, such as **Benefit Stay Don't Stay**, £20.50. This will help keep your liner in place. Also, I find that gel liners don't budge as much as liquid liners, so if you have oily lids, stick to these. You might also find gel formulations easier to master - the thin brushes on liquid liners can sometimes be tricky to use, as the hairs can splay, causing a messy line.

● **Apply your liner after your eye make-up**, but before your mascara. This will give you more dramatic results, as you won't cover, smudge or dull the colour of the liner, and it's much easier to hug the lash line without having mascara in the way.

● **Getting a winged eye right** actually depends on your brows! Groom them first, as the line for the flick of the liner should go up at an angle towards your brow ends. This will give

the perfect flick for your eye shape. Start by applying your liner along the top lash line. The closer the liner to your lash line, the bigger your eyes will look. The most common mistake is trying to draw a straight line in one go. Struggle to get it smooth? Ink dots along the lash line and then literally join the dots up.

● **From the outside corner**, draw a line angled upwards towards the end of your brow, approx 5mm in length. If you want a bigger flick, draw a longer line. From the tip of this line, draw back towards the lash line, about a third of the way along the eye. Fill in the triangle you have created.

● **To define eyes further**, apply a sharp, black kohl pencil to the waterline (inner rim) of your eye. Start in the middle and draw back and forward, layering for a deeper finish. If you have small eyes, use a white liner in the waterline to brighten the eyes.

The worst year of my life... made me fat and unhappy

Actress Amanda Redman talks about a tragic 12 months and how she resorted to comfort eating



Lynda Bellingham (left) and Amanda were good friends



The actress and her mum Joan

LOSING THOSE CLOSEST

It's been a tough year for the former *New Tricks* star, who unveiled a stunning new look recently. She lost her beloved mum Joan and two close friends, including *Loose Women's* Lynda Bellingham, in close succession, and the pain and sadness took its toll on her mind and body.

'Last year was shocking, so I comfort ate,' she said. 'It started with my mum being very ill, then I broke my leg. An old friend died with me holding his hand, my lovely friend Lynda Bellingham passed away, and my mother died the next day.'

While recalling the last moments of her mum's life in a hospital bed, Amanda said, 'When she died, my daughter Emily had gone to get shopping and Damien (her husband) was sorting out my broken phone.'

'Mum started crying and I said, "Oh, Mum, please

don't." She replied, "I'm not crying for me, darling, I'm crying for you." That was the last thing she said.'

All this happened just as Amanda, 58, started filming *The Trials Of Jimmy Rose* for ITV, so no wonder the star was left feeling vulnerable.

'Ray (Winstone, her co-star) helped me through,' she recalled. 'He knew when I was about to burst into tears and would whisk me off set. And he listened to me if I wanted to talk about Mum.'

Food, she admits, became her crutch, and she put on two stone in two months. Amanda, who has yo-yo dieted in the past, said, 'I've always said I don't care what people think, because real women aren't sticks. But I knew I was bigger than I'd ever been. When I weighed myself it was a shock.'



Co-star and friend Ray Winstone was there for Amanda

So, the mum-of-one went on a diet. For two days a week, she ate 500 calories, for three days, she followed Slimming World, and then at weekends she ate as she wanted. She also went to the gym five times a week.

'I dropped a lot of weight quickly,' she revealed.

But, as well as her figure, Amanda admits it's a constant battle to preserve her looks and said she would no longer rule out a facelift.

'I've had Botox and fillers. I stopped but I might do it

'Losing people makes you face up to your own mortality'

again, or have a facelift. At the moment I don't feel the need. I'm all right with myself. In a year's time, I might not be,' she said.

Ageing, the star says, is not easy. 'There's not a woman who wouldn't like to be 18 again. Don't let anyone fool you into thinking otherwise.'

But she tries not to dwell on the down side.

'Losing people does make you face up to your own mortality. I love life and don't want to waste a second of it.'

What causes thinning hair?

Time for a little science lesson.

Our hair life goes through

three cycles. Anagen is the

hair growth phase. Catagen, a regression stage, is when the follicle migrates towards the scalp surface. And, finally, telogen – the phase when old hair eventually sheds.

We all go through the telogen cycle at every age, but the anagen phase is less frequent as we get older, resulting in a loss of hair density. 'Rising levels of androgen hormones cause the follicle to recede, meaning the hair bulb gets smaller, affecting overall growth,' explains Andrew Bidwell, creator of Swell hair care products. While it's largely an ageing issue – a L'Oréal survey shows that women tend to notice hair loss around age 45. Lifestyle factors, including stress and pregnancy, can disrupt the cycle, too.

Beware of bad habits

Styling can play a part in causing damage, from excessively hot tools to elasticated bands that pull at the hair. 'Always use heat protection spray, and make sure your hairdryer is positioned at least 6in from your head,' suggests hair guru Charles Worthington. Beware of the habits adopted to create instant volume, too. 'Backcombing is not a good technique for fine hair, as it can cause stress and some breakage,' he warns.

How long before you see results?

While we're used to seeing promises of instant improvements and miracles in beauty, sadly, we can't expect instant results from hair thickeners. The realistic time frame to start seeing a difference is between three and four months and this is after consistent, regular application.



Stock up

There are opportunities to rejuvenate your hair density every step of the way:

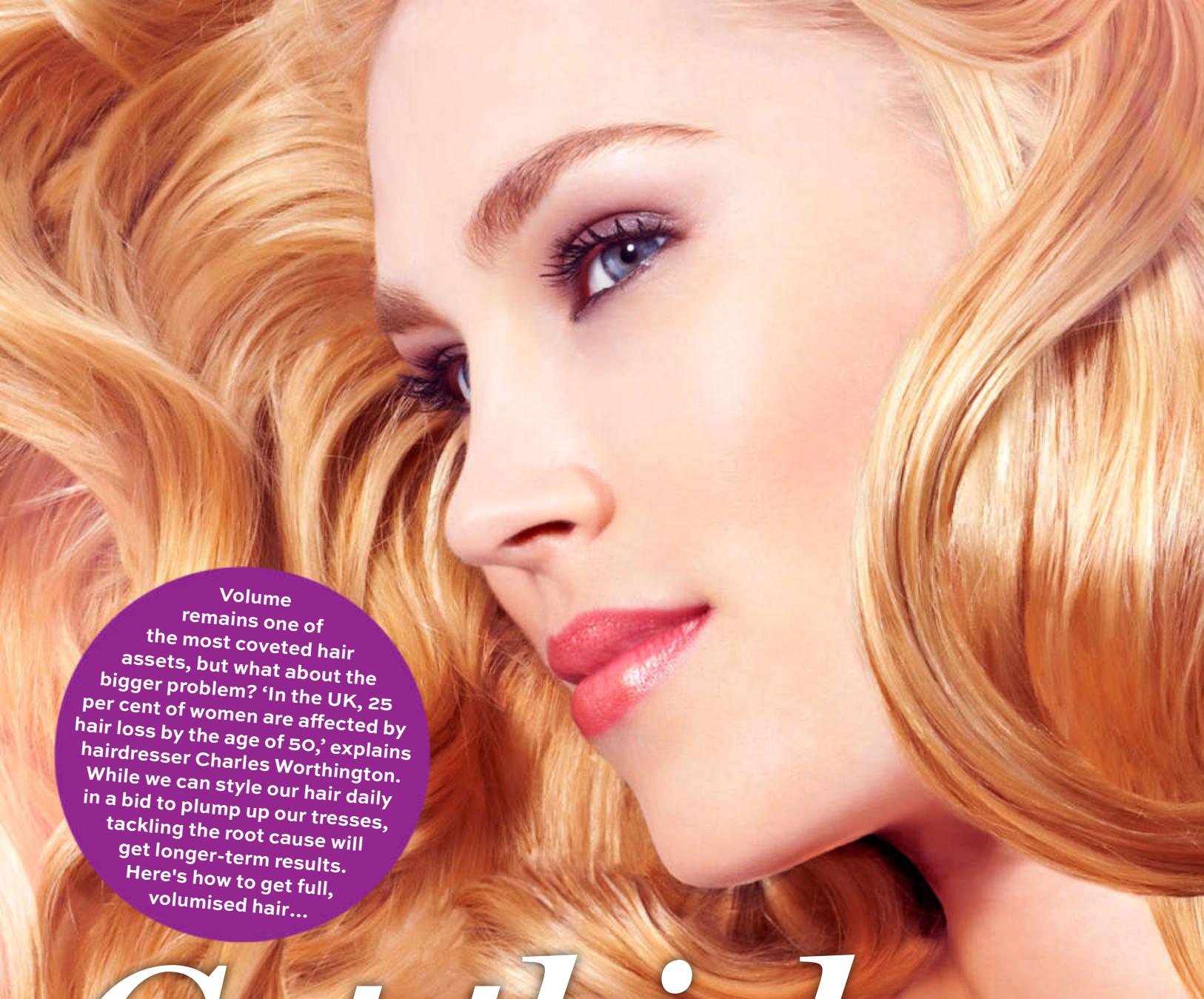
IN THE SHOWER: L'Oréal Elvive Fibrology Shampoo and Conditioner, £2.89 each, contain a molecule usually used to fill car windscreens! Sounds bizarre, but it helps to thicken and strengthen within the hair shaft for results all over, not just at the root. After rinsing, use a wide-tooth comb to detangle and avoid causing more stress on your locks.

BEFORE STYLING: These products tend to be the most potent because they have direct contact on the scalp. L'Oréal Professionnel Denser Hair Serum, £25, uses ingredients to stimulate dormant follicles in the resting phase to thicken limp locks and prevent further loss, while Grow Gorgeous Hair Growth Serum Intense, £45, uses caffeine and peptides to stimulate collagen production, claiming to provide an extra 13,000 strands on average.

KIT HITS: Those with travel-sized products, these are a good starting point. L'Oréal Professionnel Serioxyl Fuller Hair Kit, £25, contains a shampoo, conditioner and mousse, and comes in a version suitable for coloured hair, while Swell Ultimate Volume 3-step Kit, £23.50, is completely silicone free, as the creator believes this ingredient, known for its smoothing, coating properties, shields nutrients from the roots. The kit has enough for 15 washes.

STYLE YOURSELF

PLUMPER: If you want a fast fix, try TRESemmé Youth Boost Youthful Fullness Emulsion Spray, £6.99, which uses omega 3 to restore. Direct the nozzle at the scalp and massage in. For all over body, Big Sexy Hair in Full Bloom, £16.95, expands strands when you spray all over.



Get thicker, **STRONGER** **HAIR**

*FINALLY, YOU CAN
TRANSFORM THIN LOCKS
AT HOME - HERE'S HOW...*

Volume remains one of the most coveted hair assets, but what about the bigger problem? 'In the UK, 25 per cent of women are affected by hair loss by the age of 50,' explains hairdresser Charles Worthington. While we can style our hair daily in a bid to plump up our tresses, tackling the root cause will get longer-term results. Here's how to get full, volumised hair...

THIS WEEK...

Why I feel sorry for Chrissie Hynde

I've just come back from holiday in Florida and read these words from Pretenders singer Chrissie Hynde: 'If I'm walking around in my underwear and I'm drunk? Who else's fault can (a sexual assault) be. If I'm walking around modestly dressed and I'm keeping to myself and someone attacks me, then I'd say that's his fault. But if I'm being lairy and putting it about and being provocative, then I'd be enticing someone who is already unhinged - don't do that. Come on! It's just common sense.'

On the surface, it appears the American rock chick has said a woman being raped can bring it on herself. And it has rightly caused an uproar. But part of me feels sorry for her, because I think she's saying something else in a clumsy way. Trust me, I know what it's like to have your words taken out of context.

Chrissie suffered a sexual assault in her youth



Was she recently misunderstood?

Straight Talk...



With Loose Woman
Coleen Nolan

I think what she was trying to say was this: Yes, you should be able to walk down the street half-naked, drunk and try and get home alone but, the fact is, we live in a dangerous world. Not everyone will look out for you.

Chrissie Hynde is in her sixties, looking back on her life. She was 21 when she foolishly agreed to go with a gang of bikers who said they would take her to a party. They took her to an empty house where she was forced to perform sex acts.

Her decision didn't give anyone the right to sexually abuse her - but sadly it just made the chances of it more likely.

'She's worded her opinion in a clumsy way'



WHAT DO YOU THINK?

Tell us your views at BestDaily

best daily.co.uk

Get Gail out of the house now!

Experts fear being under the spotlight in the Celebrity Big Brother house could push troubled Gail Porter over the edge

Sobbing, Gail Porter looked like she'd just been given some devastating news.

What sparked her emotional outpouring on last week's *Celebrity Big Brother*? She was told she could no longer wash the dishes, a chore she'd happily taken on when she arrived in the CBB house.

To anyone else this might come as a relief, but to Gail, who suffers from Obsessive Compulsive Disorder (OCD), it meant not being able to do the everyday task that keeps her mental state stable.

Experts are now worried that the TV presenter, who also suffers from bipolar disorder, could be cracking under the strain of being on *CBB*, and have pleaded with her to leave the house.

Media psychologist Abigail Eaton-Masters said, 'Gail's crying meltdown indicates her feelings of

being out of control, and I worry that this may trigger self-harming behaviour.

'Although the exposure may give her a career boost, it's not doing her mental health any favours and will be causing her more harm in the long run.'

'Look after yourself, Gail, come out of the house and put your health first.'

The TV presenter's struggle with mental health issues are no secret and her entry into the *Celebrity Big Brother* house has caused an outcry.

After watching a visibly shaking Gail go in, viewers instantly took to Twitter.

One questioned, 'How did Gail Porter get past the *CBB* psychiatrist? She's really too fragile for the show and it will be painful viewing.'

As well as OCD, Gail, 44, has suffered with anorexia and self-harming, and her bipolar disorder led to her



Gail has a history of emotional issues

being sectioned for three weeks in 2011.

She lost all her hair to stress-related alopecia, three years after giving birth to her daughter Honey in 2002.

Before going into the *CBB* house, Gail insisted she was now well.

'I've been really happy for a really long time, but everybody thinks, "Oh my God, she was depressed once, so that is it,"' she said.

But psychologist Glenn Mason, a former *BB* consultant, said, 'Gail was clearly very upset about not being able to do the washing-up. It's a sign that the cracks are showing and things are starting to unravel for her. It could have a knock-on effect on her

bipolar disorder, too.'

'She might not want to leave, because she may view that as a failure. But the show's producers need to consider removing her for her own wellbeing.'

Glenn added, 'Lack of sleep, knocks to her self-esteem from other housemates and long hours with nothing to do could also prove a challenge.'

'With depression, keeping active and getting some pleasure and achievement from everyday activities can be important.'

'But there's often time in the house where there's not much going on, so that could make her even more vulnerable.'

WORDS: LAUREN CUMMING PICTURES: GETTY, CHANNEL 5, REX SHUTTERSTOCK

IS GAIL IN DANGER?

Tears flow on CBB



Put on Team UK – the Royal Family – Gail's banned from doing the washing up



'I don't like this game! she weeps on camera'



Gail

THE high street edit

STEP OUT IN STYLE
WITH OUR PICK
OF THE LATEST
LOOKS FROM YOUR
FAVOURITE HIGH
STREET STORES

Trend
SPECIAL

£27⁵⁰



£25



Winter florals at
WHITE STUFF

£55



£55



Beaded
embellishment at
ACCESSORIZE

£32



£25



£35



£39⁵⁰



70s boho at
M&S

£39⁵⁰



£39⁵⁰





This season
is all about
texture, so
don't be afraid
to double up on
your knitwear!

Cardigan, £59
Dress, £49.50
Rings, £12.50
Boots, £99
All from M&S

£59⁹⁹

Tweed at
NEW LOOK

£24⁹⁹

£3⁹⁹

£14⁹⁹

TURN OVER FOR MORE

£69

Trend
SPECIAL



£7

Simple tailoring at
WALLIS

£70

£8

£99



Soften this
structured
trend by
choosing
a bright
colour!

Coat, £95
Bag, £35
Heels, £39
All from
Debenhams



Romantic
military at
DEBENHAMS

THE high street edit



£20



£55



£49



£69



£69



£22



£69



£69



Classic
accessories at
DUNE



£65



£79

From gorge to gorgeous with Slimming World

At over 21st, Phoebe Court, 30, was too fat for the flight of a lifetime. But now, 10st lighter, she's an Instagram sensation...



ueuing to buy tickets for a helicopter ride over

America's Grand Canyon, I turned to my boyfriend, Jim, and squeezed his arm excitedly.

'I can't believe we're finally here,' I said. 'I've wanted to do this for as long as I can remember!'

Planning our trip at home in Pickering, North Yorkshire, the helicopter ride had been at the top of our to-do list.

The photographs in the guidebook had looked stunning, and I couldn't wait to get in the air.

But, as I reached the front of the queue, my excitement turned to pure shame.

'I'm sorry, ma'am, but I'm afraid you'll have to pay an excess weight charge as well as the fare,' said the cashier behind the counter. 'Because of your size.'

Stunned and mortified, I shook my head and walked away as quickly as I could, my eyes stinging with tears.

I knew I was big – I was over 21st, so there was no getting away from that – but

it hadn't crossed my mind it might be a problem.

I could have paid the charge and still gone but, I was so embarrassed, I just wanted to get as far away from there as possible.

It became the biggest wake-up call I'd ever had.

Back home, I vowed to lose weight, but I soon fell into the trap of yo-yo dieting.

I tried every diet plan going and I did manage to lose 2st but, once I started to feel good about myself, I'd go back to my old, bad habits.

I'd always been a chubby child but, when I'd got together with Jim, aged 17, my weight had rocketed.

We're both keen cooks, so we were always creating something wonderful in the kitchen – usually rich food with lashings of cream or butter, washed down with a nice bottle of wine. Before I knew it, I was a size 24.

But, on New Year's Day 2014, I decided enough was enough.

I'd eaten and drunk too much over Christmas, as usual, but this time I was fed up with how I looked.

I was fast approaching my 30th birthday and I was miserable. I knew something had to change.

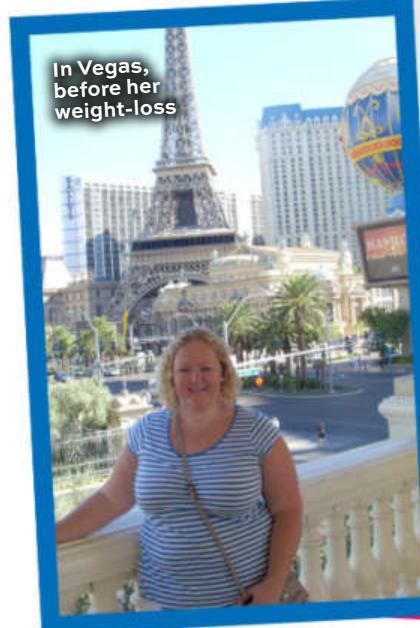
Returning to my flat on New Year's Day, after spending Christmas with my parents, I opened the door and stepped on a Slimming World leaflet, for a new group starting just down the road that very same day.

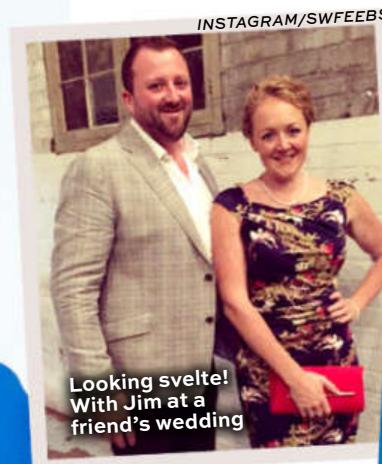
I thought, 'If that's not a sign, I don't know what is.'

I lost 9lb in my first week. It felt great, but I knew I'd been there before so

I decided to turn to social media for inspiration.

I'd had an Instagram account for a while and I loved following other people's profiles and posting my pictures, so I searched #slimmingworld and found amazing pictures of slimmers who'd reached their goals – people who'd lost five, six, even 7st, which made me think, 'Wow, if they





INSTAGRAM/SWFEEBS



Using Instagram as her inspiration, Phoebe's shed 10st



INSTAGRAM/SWFEEBS

can do that, perhaps I can, too.'

They became my Instagram idols and made me even more determined to stick to the plan.

I decided to set up my own dedicated Slimming World account, posting pictures of the delicious healthy food I was cooking.

By choosing healthy options instead of pastries, sandwiches and cakes, the weight quickly started to drop off.

With every success on the scales, I'd post a new photo of myself looking slimmer.

One day, I posted a picture of some baked oats I was having for breakfast and, it was tagged so many times, my followers shot up by thousands. It was crazy.

It was great to see people starting out on their weight-loss journeys telling me what an inspiration I was to them, just like my Instagram pals had been to me.

And I was stunned when I hit 30,000 followers!

I hit my target weight of 11st 6lb in August last year - making me 8st lighter than when I started Slimming World just eight months before and 10st less than I'd been at my heaviest.

I know I can't go back to how I ate before - and my Instagram followers help me to remember that.

Attending the weekly Slimming World meetings had made such a difference to me that I decided to become a consultant myself.

But I never let my members use the word 'diet' - it's healthy eating for life. It was that difference in attitude which made me successful.

Losing weight really has changed my life - I've got more energy and confidence.

And I couldn't have done it without Instagram giving me the added incentive.

I loved the compliments, obviously, but the best thing is knowing I'm helping someone else change their life, too. There really is no better feeling.

Turn over for the plan. For more information about Slimming World, visit slimmingworld.com

How it works

Follow the recipes here. Start on any day you like, swapping or repeating days if there's a meal you fancy. Find more healthy recipe ideas at slimmingworld.co.uk or when you join your local Slimming World group.

✓ Foods printed in **bold** are 'Free Foods', which you can eat freely with no weighing, counting or measuring. Base meals around Free Foods like veg, pasta, lean meat, fish, rice, potatoes, fat-free dairy, eggs and more. If you feel hungry between meals, snack on fresh fruit and vegetable crudités.

✓ Use fat-free salad dressings, artificial sweeteners, stock, herbs, oil-free passata, tomato purée, soy sauce and spices freely to flavour food.

✓ For a balanced diet, Slimming World encourages you to enjoy measured amounts of food high in calcium and fibre. Choose 350ml skimmed or 250ml semi-skimmed milk; 30g full-fat hard cheese or 40g reduced-fat hard cheese. And boost your fibre with 2 slices of wholemeal bread (from a small 400g loaf), a 60g wholemeal roll or 35g high-fibre cereals. Eat these with a meal or alone – stick to 1 portion of calcium and 1 portion of fibre each day.

Maximise your success

- Trim all visible fat off meats and remove skin from poultry. Use low calorie cooking spray (1 cal per spray or less) instead of oil and fats.
- Keep hydrated. Aim to drink between 6-8 glasses of fluid a day – water, sugar-free drinks, tea and coffee.
- Treat yourself! Choose two treats from the list provided every day.
- All meals serve one unless otherwise specified.

Easy post slimdown

MONDAY



BREAKFAST Layer a tall glass with chopped **fresh fruits** and **fat-free natural fromage frais**.

LUNCH Ham sandwich. 60g wholemeal roll with **lean ham**, sliced **red onion**, sliced **tomatoes**, **lettuce** and 1 level tsp Dijon mustard. Follow with an **apple**.

DINNER Cottage pie (serves 4). Fry 1 chopped **onion**, 2 chopped garlic cloves and 600g **lean beef mince** (less than 5% fat) or **Quorn mince** in a pan sprayed with low calorie cooking spray for 4-5 minutes. Add 400g can **chopped tomatoes**, 200g **passata**, 4 tbsp tomato purée,

400g frozen **mixed veg** and 2 tsp dried mixed herbs. Stir, bring to the boil and remove from the heat. Meanwhile, boil 800g peeled and chopped **potatoes** until tender. Drain and mash, then stir through 3 beaten **egg** yolks and a handful of chopped fresh flat-leaf parsley. Transfer the **mince mix** to a pie dish, top with **mash** and bake in the oven (200°C/Fan 180°C/Gas 6) for 25-30 minutes. Serve with steamed **runner beans**.

TUESDAY

BREAKFAST 1 sachet of Quaker Oats So Simple Multi Grain Porridge (Honey or Original flavour) with milk from your allowance. Top with lots of chopped **banana**.

LUNCH Turkey salsa salad. Mix cooked skinless **turkey** breast pieces and cooked dried **pasta** with **fat-free natural yoghurt**, finely chopped coriander and mild curry powder, and season. Serve with a **mixed salad** and a quick homemade salsa. Make the salsa by mixing together finely chopped, **red onion**, **tomato** and fresh coriander with a squeeze of lime juice.

DINNER Mushroom special fried rice (serves 4). Cook 350g dried **jasmine rice** according to packet instructions. Drain and leave to cool. Spray a wok with low calorie cooking spray and add 4 beaten **eggs**, 1 tbsp light soy sauce and 1 tsp dried chilli flakes. Scramble the **egg**, transfer to a plate and keep warm. Spray the pan with more low calorie cooking spray. Add lots of sliced **shiitake mushrooms**, **carrot batons**, sliced **red pepper**, sugar



-summer

Start this delicious new plan to lose 7lb in two weeks*

Treats

- 19.5g bar Kinder Bueno White
- 20g Drifter bar
- 28g bag Rowntree's Jelly Tots
- 1 x custard or Bourbon cream biscuit
- 125ml glass of wine
- 35ml Bacardi and diet cola
- 20g bag Walkers Quavers, all varieties
- 16.5g bag Walkers Really Cheesy Wotsits
- 25g slice Battenberg cake
- 47g Dairylea Dunkers Dip and Breadsticks



snap peas and sliced **spring onions**, and stir-fry for 5 minutes. Add **soya beans**, the cooled **rice** and 2 tbsp **soy sauce**. Stir-fry for 4 minutes, mix and return the **eggs** to pan. Stir through the juice of 1 lime; serve hot.

WEDNESDAY



BREAKFAST Top 2 slices of wholemeal toast (from a small 400g loaf) with **spaghetti hoops in tomato sauce**. Have a couple of **satsumas**, too.

LUNCH Quick noodles. 50g **Mug Shot Snack Stop Chilli Flavour Noodles**, dried, made according to packet instructions. Follow with **fresh fruit salad** and a **fruit-flavoured Muller Light Yoghurt**.

DINNER Lemon chicken couscous (serves 4): make up 150g plain dried **couscous** according to packet instructions. Meanwhile, toss 4 sliced skinless **chicken breasts** in the juice of 1/2 lemon. Spray a large frying pan with low calorie cooking spray and add the **chicken** with 2 sliced **red onions** and 2 chopped garlic cloves. Stir-fry for 8-10 minutes, adding 1 tsp cumin seeds for the last minute. Add lots of steamed **broccoli florets** and **carrot batons** and 1 deseeded and finely chopped red chilli, and cook for 2-3 minutes. Stir the **couscous**, the zest of 1 lemon, the juice of 1/2 lemon and a handful each of chopped fresh mint and coriander. Serve hot.

THURSDAY



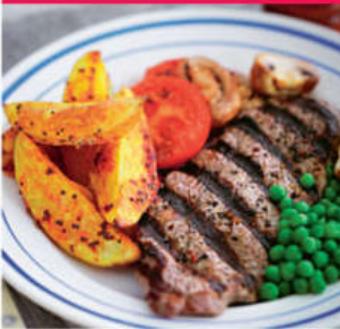
BREAKFAST Stir together 35g dried porridge oats, 200g **fat-free natural yoghurt** and lots of fresh or frozen **berries**. Chill in the fridge overnight. Enjoy in the morning, with extra **fruit** if you like.

LUNCH Jacket potato. Stir 1 level tbsp extra light mayonnaise and some **fat-free natural yoghurt** into drained **tinned tuna (in spring water)** and add canned **sweetcorn**. Serve on top of a big **baked potato** with a **mixed salad**.

DINNER Pasta arrabbiata (serves 4). Spray a large saucepan with low calorie cooking spray and stir-fry 1 chopped **onion**, 3 crushed garlic cloves, and 1 pinch each of mixed herbs and dried chilli flakes for 5 minutes. Add 500g **passata**, season and simmer for 15 minutes. Meanwhile, cook 500g dried **pasta**, drain, add to the sauce and stir well. Serve with a **mixed salad**.

Turn over for your **FREE SLIMMING WORLD** membership offer on page 36

FRIDAY



BREAKFAST Cut 2 slices of wholemeal toast (from a small 400g loaf) into soldiers. Dip into perfectly boiled **eggs**. Follow with fresh **melon**.

LUNCH Prawn salad. Big salad of cooked **prawns**, **sweetcorn**, **cherry tomatoes**, **rocket**, **Little Gem lettuce leaves** and grated **carrot**. Dress with fat-free vinaigrette. Then enjoy a **Danone Shape 0% Fat Strawberry Yoghurt**.

DINNER Steak and chips (serves 4). Make Slimming World-style chips by peeling 4 baking **potatoes** and cutting into chips. Boil for 5 minutes, drain and spread on a non-stick baking tray. Season, spray with low calorie cooking spray and bake in the oven for 20 minutes (200°C/Fan 180°C/Gas 6). Serve with 4 grilled lean **steaks**, grilled **tomatoes**, grilled **mushrooms** and **peas**.

SATURDAY

BREAKFAST Fry some chopped **spring onions** in a pan sprayed with low calorie cooking spray, with a pinch of mild curry powder. Add a handful of dried **basmati rice** and black pepper. Add hot veg stock, bring to the boil and cover. Simmer for 10 minutes. Hard-boil, peel and chop 1 **egg** and grill 2 **kippers**. Top the **rice** with the **egg** and serve with the **fish**.

LUNCH Carrot and ginger soup. Put 1 chopped **onion**, 2 chopped **celery stalks**, 2 chopped garlic cloves and 1 tsp finely chopped fresh root ginger in a pan. Add 1 litre veg stock and 7 roughly chopped **carrots** and bring to the boil. Reduce the heat and simmer for 20 minutes. Season and blend. Serve with a 60g wholemeal roll.

DINNER Thai green chicken curry (serves 4). Place 200g light coconut milk, 300ml chicken stock and 100g chopped coriander leaves and stalks in a food processor and blend. Strain and discard the coriander. Spray a wok with low calorie cooking spray, add 1 level tbsp Thai



green curry paste and 2 deseeded and finely chopped green chillies and cook for 2-3 minutes.

Stir in 800g **skinless chicken thighs** (cut into chunks) and cook for 5 minutes. Add the coconut milk mixture, 300ml more chicken stock, 6 fresh or dried kaffir lime leaves, 2 tbsp Thai fish sauce, 1 tbsp sweetener and 200g chopped **baby aubergines**. Simmer for 15-20 minutes. Add 200g **green beans**, trimmed; cook for 2 more minutes. Remove from the heat, stir in the juice of 1 lime and serve garnished with coriander and red chilli. Enjoy with boiled **rice**.

SUNDAY



BREAKFAST Grill lean **bacon** (all visible fat removed) and enjoy with 2 **eggs** fried in low calorie cooking spray, grilled **mushrooms** and **tomatoes**.

LUNCH Roast pork. **Roast pork chops** (all visible fat removed) or a **pork joint**, served with boiled **potatoes**, **carrots**, **broccoli**, **cauliflower** and **peas**. Enjoy with up to 150ml gravy, made from granules.

DINNER Spicy beans on toast. Stir paprika through **baked beans** as they cook and then serve on top of 2 slices of wholemeal bread (from a small 400g loaf). Follow with slices of fresh **pineapple**.

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Subtle tweaks to your make-up are all you need for a fresh new look...

FLATTERING FLUSH

After a summer of bronzers, a pinky hue makes a welcome return for cheeks this autumn. Rather than powders that can settle in fine lines, switch to a cream formulation that allows you to build up colour gradually. **Kiko Rebel Bouncy Blush in Passion Wine, £9.90**, blends well to create a lovely wearable pinky shade that looks flattering on all skin tones.



Get ready to face autumn!

BARELY THERE BASE!



Thanks to the latest cosmetic technology, you don't have to rely on a heavy foundation to create a flawless complexion. **Stila Perfectly Poreless Putty Perfector, £28**, gives you all the skin-perfect benefits without any of that heavy, caked-on feeling. The unique texture is easy to blend and helps even out the skin tone and minimise the appearance of pores to leave you with natural looking coverage.



LIPS YOU'LL LOVE

It's easy to get stuck in a lipstick rut, but this season we are spoilt for choice. I'm a fan of velvet formulations, as you can go bold with colour and then blot to a wearable stain, perfect if you find a strong lip a little OTT. I love **Urban Decay Matte Revolution in Bad Blood, £15.50**, as the rich shade is flattering and, although it has a matt finish, it doesn't dry your lips out.



Beauty Blog
Look gorgeous with **Patsy Kensit**



SULTRY SHADES!

It feels like smoky eyes are permanently in fashion these days! Instead of powder shadows, that can sometimes run or smudge, opt for a cream-to-powder instead, as it will give you the smoothing effect of a cream with the hold of powder. **Clarins Ombre Matte Eyeshadow, £19**, stays put for ages after application.



LASH PERFECT

Lash curlers might be made redundant this winter! **Maybelline Super Curler Mascara, £7.99**, does exactly what it says, by targeting every single lash. So good that one coat will do, but if you really want standout lashes, opt for two, as you can build this mascara with no fear of clumping.



I married a monster



Detlef charmed his way into Renate's life

For years, my husband Detlef and I had dreamt of moving to a romantic city like Paris.

Over the two decades of our marriage, we'd enjoyed blissful holidays around Europe, Egypt and Tunisia and cruised the Med.

With Detlef, I felt the world was my oyster and I was the happiest woman alive.

I was 40 and a single mum with two failed marriages when we met in a restaurant.

After my second divorce, I'd built up a successful business selling toys and handbags to department stores.

I was proud of what I'd achieved, but I wanted someone to share it with.

Then one night, eating

Renate Hoehne, 68, thought she knew everything about the man she shared her life with for 20 years – but he was hiding a sickening secret...

alone in my favourite Spanish restaurant, in Stuttgart, Germany, where I lived, I saw a handsome man smiling at me from the next table.

After sending the waiter over with a glass of wine for me, he got up and asked if he could join me. I agreed.

His name was Detlef Striethorst, he was 34, and as we chatted I learned he was single after splitting from his first wife. As we left the restaurant, I gave him my business card.

We became inseparable. We cooked together, went to good restaurants, the opera and made weekend trips to the country.

I felt like the luckiest woman alive, although my children – Christine, 19, and Holger, 18 – didn't warm to him. Christine thought he was 'a wannabe' and told me not to trust him.

I was blinded by love. I told them Detlef was the most sweet and empathetic man I'd ever met.

He moved in after six months – my son Holger moved out.

Mostly, I paid the bills, as he was earning only a little money as a postal worker.

We married in a beautiful ceremony in June 1994 and Detlef then became my business partner.

I was impressed with the way he threw himself into the business, driving the length and breadth of the country meeting clients.

In fact, he worked so hard, we hardly saw each other.

That soon took its toll. He wanted sex less, and when I complained, he blamed it on the stress of work.

He would get home late and exhausted – and then sometimes he wouldn't even come home at all.

I worried he was having an affair, but if I asked where he'd stayed, he'd get angry and I'd feel guilty that I'd ever doubted his loyalty.



Renate's husband used her as a front to hide his morbid fantasies

Scared of losing him, I stopped asking questions. In time, though, I would soon find out the truth, and it would be worse than I could ever have imagined.

Late one night in June 2010, Detlef stumbled into the apartment with his clothes torn and his face and hands scratched.

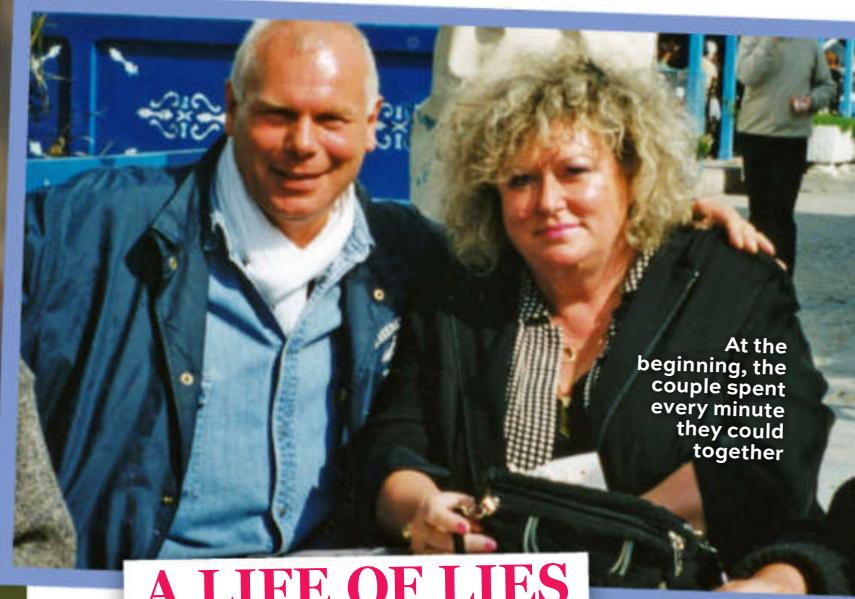
He told me that he'd been attacked by a man.

Shocked, I asked if he'd called the police. He told me

THE TOOLS OF A MURDERER



...and everything else a killer needed



A LIFE OF LIES

he had, but that his attacker had escaped into the night.

I cleaned his wounds and he fell exhausted into bed.

The following day there were reports on the news about a 62-year-old Belgian tourist being attacked in a car park.

I wondered if it could be the same person who had assaulted Detlef.

A month later the police linked the tourist's attack to two murders of men in car parks in the city.



One of Detlef's hunting grounds

They appealed for help from the public to catch the 'Car Park Killer'.

When we talked about the murders, Detlef seemed as appalled as me. 'I wish we had the death penalty, like the Americans,' he said.

Apart from the odd news report, I didn't pay much attention to the murders after that, but, in December 2010, I found myself at the centre of the investigation.

I was making us both some lunch, when the police burst into our flat.

They grabbed Detlef and I listened in shock as they announced they'd arrested him for the two murders and an attempted murder. He was the Car Park Killer.

Detlef insisted he was innocent as they led him away in handcuffs and searched our home for evidence.

I was desperate to believe

him. But they uncovered a knife and a gun in the boot of his car and DNA evidence linking him to the victims.

A few days later, a kind detective came to visit and explained that for years Detlef had been leading a double life.

All those nights I'd thought he was working, he was combing known gay pick-up places and having sex with men and female prostitutes.

I began to shake as the news sunk in that the man I slept alongside for all those years was a monster.

He'd used me as a front to hide his morbid fantasies.

I thought back to the night he'd come home covered in scratches and realised they'd been caused by his victim, fighting for his life.

I was sickened, but I felt I had to confront him, for my own sanity.

I visited him once in prison before his trial. He insisted on his innocence.

'I'd never hurt you. I love you,' he pleaded, but I knew it was all lies.

'You've destroyed our beautiful life,' I screamed at him and left knowing I'd never speak to him again.

I was torn apart. I still loved the man I thought I knew and struggled to reconcile this with the nightmarish reality.

The next time I saw Detlef was when he appeared in court in October 2011. I testified for the prosecution.

When Detlef was brought in handcuffed, he shouted across the court room at me, 'Angel, forgive me!' But I just stared ahead.

I still loved the man I thought I known'

Despite denying it all, he was found guilty of double murder and attempted murder. Jailing him for life, the

judge said he had a 'deep-rooted tendency to kill and he'd do it again.'

I'd spent 20 years with an evil and dangerous man.

In January last year our divorce was finalised. But my scars may never heal.

I sometimes wonder if Detlef ever thought about killing me, too. I feel so guilty for bringing him into our family. I'll never be able to trust another man again.

Bond is a bit sad really

Daniel Craig says sleeping around hasn't brought super spy James any happiness

THE NEXT 007?



Tom Hardy



Idris Elba



Damian Lewis



In *Spectre*, Bond seduces gangster's moll Lucia Sciarra (Monica Bellucci)

Daniel Craig has played James Bond for almost a decade, but according to the 47-year-old, the 007 spy's womanising ways haven't brought him any happiness.

The actor, who married actress Rachel Weisz in 2011, thinks his alter ego must be 'very lonely' despite bedding an abundance of pretty women.

'He's very f***ing lonely. There's a great sadness. He's f***ing these beautiful women but then they leave and it's sad, and, as a man gets older, it's not a good look,' he told the new issue of *Esquire*.

In the 24th James Bond film, *Spectre* (out on 26

October), Daniel embarks on a torrid love affair with a 'mature' woman for the first time.

Glamorous Monica Bellucci, 50 – the oldest-ever Bond girl – is gangster's moll Lucia Sciarra, a move director Sam Mendes

described as 'revolutionary'.

The spy also becomes entangled with French star Léa Seydoux, 30, who plays the feisty Madeleine Swann, the daughter of Bond's old nemesis Mr White.

Daniel also added, 'I don't know if I'd like to spend too much time with him [Bond]. Maybe an evening, but it would have to be early doors. What goes on after hours I'm not so sure about. The world's changed. I'm certainly not that [sexist and misogynistic] person. But he is.'

Speculation is rife that Daniel will quit Bond after *Spectre*.

Luther star Idris Elba, 42, is widely tipped to replace him as 007, a rumour Daniel himself apparently started.

But author Anthony Horowitz, who's written the new Bond novel, *Trigger Mortis*, controversially claimed, 'Idris Elba is too "street" to play James Bond. He's a terrific actor, but I can think of other black actors who would do it better.'

Ouch!

So if not Daniel or Idris, who is most likely to next play the super spy?

Contenders include Tom Hardy and Damian Lewis – and both of those men get our vote. Fingers crossed!

ROME

The Italian capital's
Colosseum is
a must-see

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PRAGUE

The capital and largest city of the Czech Republic is located alongside the Vltava River. The main attractions include Prague Castle, the Charles

Bridge, Old Town Square, the Jewish Quarter, the Lennon Wall and Petřín hill.

KRAKÓW

This Polish city is fast becoming a popular weekend break due to its richly varied history and culture. The Old Town showcases many picturesque architectural sights and historic attractions, while you can also visit the Wawel Royal Castle, St Mary's Church, the Barbakan, the Jewish Quarter and Oskar Schindler's factory.

PRAGUE

The Vltava River is spanned by Prague's famous bridges



The Old Town's main square dates back to the 13th century

KRAKÓW



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Cilla was a *lorra*

Arlene Phillips talks honestly about growing older, losing friends and why she has no plans to get married

You knew Cilla Black, was her death a shock? What are your memories of her?

Of course, it was a shock. She was such fun and loved a gossip and a party. She was always 'nudge nudge, wink wink, tell me all about it.' We were both the same age, girls from the North - she from Liverpool, me from Manchester. She started off as a cloakroom assistant, I was teaching dance and working early morning in a café to support my earnings, and neither of us expected, or even dreamed of, the lives that were ahead of us. We both talked about it, that our

lives were so fabulous - and now she's gone.

Was it true that after she lost Bobby she felt very lonely?

She was certainly lonelier. She had a lot of very good friends. Christopher Biggins was a good friend, Cliff Richard was a really good friend and she had lots of girlfriends and loved and adored her children. But I think she was the kind of woman who was devoted to one man and that man was her life. And I think it was quite hard for her.

Did the two of you ever work together?

Yes, it was back in 2001. I was doing the Royal Variety Show and I was choreographing a piece for Andrew Lloyd Webber. The routine included Barbara Windsor,

Cilla Black and Paul O'Grady, doing a piece from *Gypsy* the musical. Cilla was in this sparkling leotard, looking stunning - she had the best legs I've ever seen! She was on the front of every newspaper the next day, and I just thought, 'That's our Cilla, those legs!'

Towards the end of her life, I knew she couldn't walk very well any more because she had arthritis in her knees. She still had great legs and, of course, she didn't take off the spiky high heels!

Cilla was very close to her three sons. What does your family mean to you?

I love my girls, I absolutely adore them! They are my life.

If anybody asked me what's the best thing that happened to me in my life, it would be having my daughters, no question.

You look amazing, but you recently said you have stopped using Botox. Why is that?

I have no regrets about using Botox, but now I've stopped trying to hold back the wrinkles. If we are all honest, we look at a woman's hands to tell her age - not her face. I've always been a confident person.



OLD FRIENDS

Do you think you get more confident with age?

Yes. I've found much more confidence in who I am than I've ever had growing up. Not regretting things, not

constantly worrying about what I said or what I didn't say. You can't go on letting these things hang over you.

You've been with your partner Angus Ion for more than 20 years. Would you consider marriage?

No. Our relationship's been about doing separate things. I'm always at work and he's really patient. But our togetherness - whether we're going to see a film, a play, a musical, going out for dinner, going off to the country, whatever we do together - is about having good fun and we never stop talking. Our life together is good.

How was the *Strictly Come Dancing* cruise you took part in?

It was great fun. I've never been on a cruise before.

Arlene and her partner Angus

FAMILY FIRST

Her daughters Abi (left) and Alana mean the world to her



lorra fun



I absolutely love trying new things and, when I give up dancing, I'll definitely try skiing! I can't promise I'll be any good at it, but I'll give it a go. It's not something that will happen in the near future, though. I'm very busy in the next few years, and can't see my schedule freeing up any time soon.

What is your top tip for staying young?

No secrets really - I just make sure I walk loads!



It's Simon

We know who they will be mentoring, but now we reveal what the judges really think about their categories, and their chances of winning...

It's been a disappointing start to this year's *X Factor* for Simon Cowell. Despite amazing acts – like singer Josh Daniels, who reduced most of the audience and even the music mogul to tears, with a song dedicated to his dead best friend – just over seven million viewers tuned into the launch, two million down on last year.

Could it be that viewers are missing the lilting tones of Louis Walsh and Dermot O'Leary's dad dancing?

One insider said, 'The public are sceptical of the changes so we're going to have to work to win them round.'

But, with rumoured guest judges Miley Cyrus and One Direction's Harry Styles, we think it won't be long before the crowds are back on side...

So, what exactly do the panel think of their categories?

SIMON

Not happy about the over-25s

Simon Cowell may well be regretting letting fans decide who-mentors-who via a Twitter vote this year.

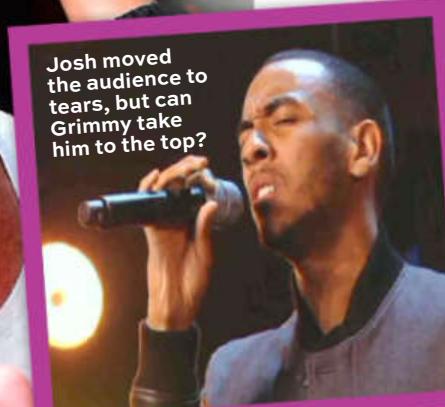
Hearing he was being given the over 25s for the second time running, the record label boss, 55, appeared to be less than happy.

It seems his plea of, 'The girls category needs an expert and that's me! Vote for #SimonGirls,' had fallen on deaf ears. Later, he told fans flatly, 'Wasn't the category I was expecting. I did win last year with the overs, so I'm sure we will do great things this year.'

Oh dear. Not exactly a ringing endorsement... Cheer up Simon, like you said, you did have the winner in your category last year! By the way, where is Ben Haenow these days?

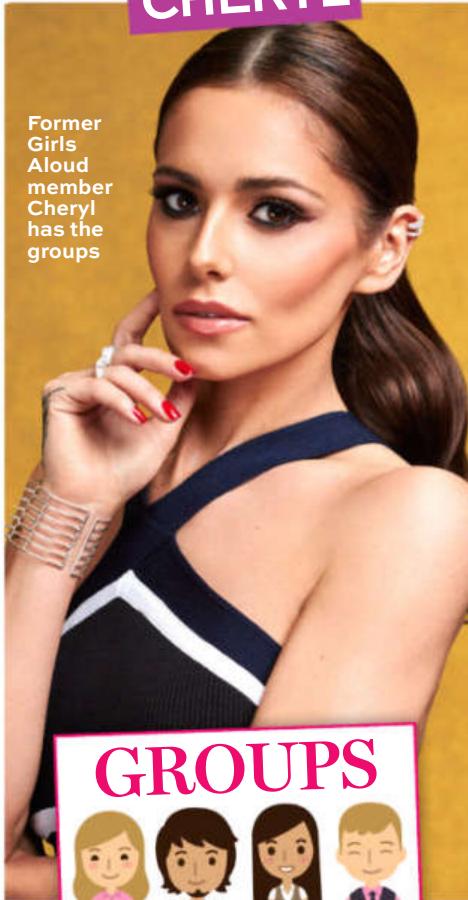
Simon won last year – can he do it again?

OVERS



and the judges...

CHERYL



GROUPS



Excited about the groups

Cheryl Fernandez-Versini has bagged herself the groups for the first time, having mentored the boys and girls in the past.

After hearing the news, the *Crazy Stupid Love* singer tweeted, 'I GOT The X Factor GROUPSSSSSS!!! I am so excited!!' As a former member

of Girls Aloud, one of the most successful girl bands ever, Chezza, 32, must be feeling pretty confident about her chances of winning...



NICK GRIMSHAW



BOYS

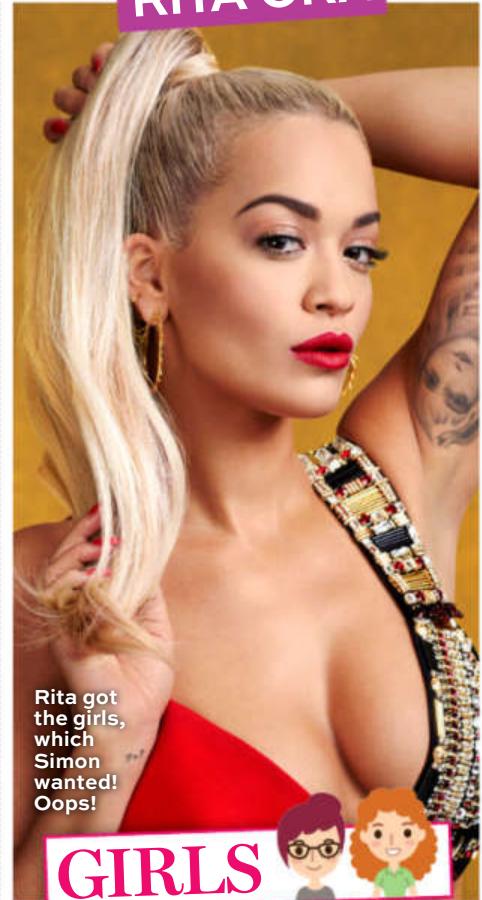


Boasts of 'star' boys

Newbie judge, radio DJ Nick 'Grimmy' Grimshaw will mentor the boys, and appeared to be more than happy with the news.

'We have some stars in that category,' he tweeted. It would be no mean feat for Nick, 31, who has no previous musical mentoring experience, to win the show. Although he will have his best mate Harry Styles on speed dial, we think the jury is out on his chances. The odds look slim for a win, but not impossible.

RITA ORA



GIRLS



Stays silent on the girls

Rita Ora will mentor the girls – the category Simon wanted.

Maybe that is why the *I Will Never Let You Down* singer has yet to react to her category, although she did retweet the official *X Factor* announcement.

But as a former mentor on *The Voice* and a successful singer in her own right, we think the feisty 24-year-old's silence may end up being golden...

● **Tony Cowell is on holiday**



THE entertainment edit

Pick of the week's TV...

Saturday, 7.15pm,
BBC One



Last Night of the Proms

Couldn't get a ticket? Fear not. Katie Derham presents live coverage from the Royal Albert Hall of the final prom concert. Famed conductor Martin Alsop returns to lead the celebrations. Expect flag waving, alongside anthems such as Land of Hope And Glory and Rule Britannia.



Monday, 9pm, ITV

NEW
SERIES

Alan Carr: Chatty Man

Our favourite TV personality, Alan Carr, is back with a new series. In the first show he is joined by Hollywood heart-throb, actor Tom Hardy, who talks about his latest movie *Legend*, in which he plays gangsters Ronnie and Reggie Kray. There's also chat and music from American singer Demi Lovato.

Friday, 10pm, Channel 4



Wednesday,
9pm, ITV

Doc Martin

Martin Clunes returned to our screens last week as Britain's favourite grumpy GP Dr Martin Ellingham. Viewers saw long-suffering wife Louisa (Caroline Catz) and son James Henry flee to Spain after a life-threatening incident at the end of the last series, but has the Doc done enough to bring them back to Cornwall's Portwenn?

Wednesday, 9pm, BBC One

NEW
SERIES

Doctor Foster

In this new series, Suranne Jones plays Gemma Foster, a well-liked and trusted GP who is a pillar of her community, but Gemma's life is about to take an unexpected twist. Suspecting her husband is having an affair, she throws herself into an investigation, which shocks her to the core.



Coronation Street, Monday and Friday, 7.30pm and 8.30pm, Wednesday, 7.30pm, Thursday 8pm, ITV



Single & alone

Corrie's Hayley Tamaddon on Andrea's shock pregnancy news

How is Andrea feeling about being pregnant?

She's very shocked and confused. After everything that has happened between her and Lloyd, she feels incredibly alone.

Did she expect it?

No, it wasn't even on her radar. I think she was just so happy being in a relationship with Lloyd. Her daughter is grown up now, so she hasn't had a baby for a long time.

How is she feeling now she's had time to think about his one-night stand with Liz?

She wanted them to be together forever. She knows she made a mistake.

Is she aware of the relationship between Lloyd and Liz?

When she finds out, it destroys her.

How does she think Lloyd will feel about being a father?

Andrea knows Lloyd would make a great

dad. He was amazing with Jenna and she knows they would make great parents. She just has to convince him to take her back.

Is she worried about Lloyd turning his back on her?

Yes – Andrea sees that he's with Liz and it prevents her from telling him about the baby straight away because there's another obstacle in their way, and she's worried how he will react.

How does she feel about being a single mum?

She's scared, but more because she loves Lloyd so much and wants to be with him. Andrea's a strong lady, she will cope if she has to.

Does Andrea ever consider keeping Lloyd in the dark?

Yes, she thinks he and Liz look happy, and maybe she shouldn't ruin it by telling Lloyd about the baby.

How does she feel when Michael finds the test?

At first Michael thinks it's Eileen that's pregnant! But then he is very sweet to Andrea and tries his best to help. He's a good person to talk to and a good listener.

What advice do Michael and Eileen give her?

They tell her to tell Lloyd and if she doesn't, they will!

Does she think the baby could be a means of saving their relationship?

She thinks she's lost Lloyd to Liz, but she doesn't give up hope. When she talks to Lloyd there are tears.



Gogglebox,
Fridays, 9pm,
Channel 4

'All families are dysfunctional'

It's back! The award-winning Gogglebox returns to Channel 4 this week. Show favourites the Moffatts talk family, health and their favourite TV programmes

What is your favourite TV show at the moment?

Mark: It's always *The Walking Dead*.

Scarlett: He loves it, but me and Mam don't. We met a strange woman who knew Dad loved the show and she spent ages telling us how she was prepared for a zombie apocalypse.

Would you describe your family as dysfunctional?

Scarlett: Yes, all families are dysfunctional. If we were all sensible and things never went wrong, it would just be...

Mark: Boring!

Scarlett: Yes! All of us are ridiculous and we love each other even if we drive each other nuts. Nan's the same, if she gets annoyed or can't be bothered to listen she just pretends she's asleep.

Have you been watching *The Great British Bake Off*, do you have any favourites?

Betty: Yeah, it's the one

show we all love!

Scarlett: We usually all have different favourites, I wasn't keen on Dorret – she served up a puddle!

Betty: Yes, but at least she gave the judges something to try, we all remember bin-gate!

What do you all enjoy doing together as a family when you're not filming?

Betty: Sitting in on a Saturday night. We order a takeaway as a treat.

Scarlett: Only sometimes, Mam! Occasionally we go out. You make us sound really sad!

Mark, have your health concerns (he was diagnosed with skin cancer at 29) made you value time with your family more?

Absolutely. I'm less selfish with my time and my priorities have changed. More places have been visited with my family, more photos taken and more memories made.

What do you think of the amount of money that young celebrities make, and do you think they appreciate it?

Mark: Well, it's fair dos to them. If someone's willing to pay them that, then why say no?

Betty: Young people do fritter it away, though.

Scarlett: Mam, don't be so boring! Young people live for the moment.

Betty: I guess I'm boring and sensible then.

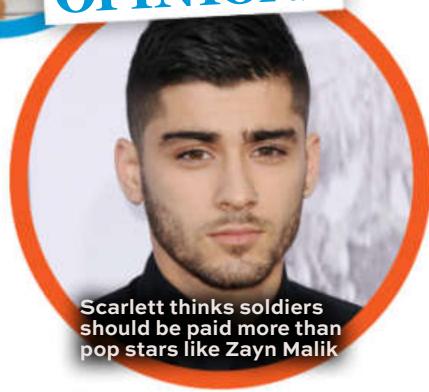
If you could swap the salaries of two professions, which would it be?

Betty: I would swap nurses' salaries with footballers'.

Scarlett: Do you know, I think I'd pay soldiers more, they risk their lives! I'd swap them with pop stars because



OPINIONS



Scarlett thinks soldiers should be paid more than pop stars like Zayn Malik

they're always overpaid. Especially One Direction, and although he's left, look at Zayn's money!

● **The Moffatts are taking part in Anchor Cheddar's campaign to find the UK's 'richest' families. To find out how 'rich' you are, visit facebook.com/anchordairy**

Holly stretched too far

Having started back working full-time last week, busy mum of three Holly Willoughby is struggling to meet her frantic schedule

She's back at work after a year's maternity leave. Her eldest son has just started Year Two, her daughter's in reception, and her youngest, Chester, isn't even a year old.

No wonder Holly Willoughby is worried about her hectic schedule for the foreseeable future.

The 34-year-old only started back on ITV's *This Morning* sofa last week, next to co-host Phillip Schofield. But having been doing press and filming promos for her return to the show, the mum of three is already running on empty.

'Holly knew she'd be tired, but just how exhausted she's been has really taken the wind out of her sails,' says a source. 'She thought she'd be able to hit the ground running, as it's going back to an old job she knows and loves, but she's really worried she's bitten off more than she can chew.'

It's not just her responsibility to the millions of viewers who tune in to *This Morning* every day. Her eldest son Harry, six, and daughter Belle, four, are both getting

busier, with different schooling demands and more pressure.

'It's been a big wrench for Holly and everything's starting at the same time, which has put her under a huge amount of pressure,' reveals a source.

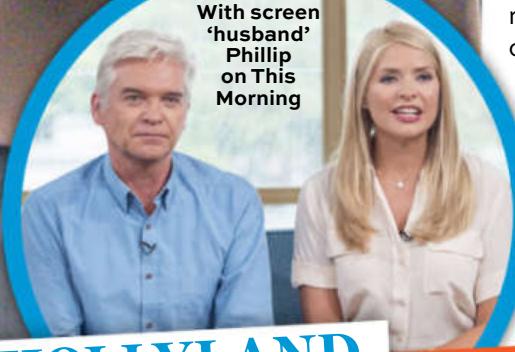
It's not just TV commitments and a young family she's juggling. The former children's TV presenter is the face of Garnier and Oral-B, has her own homeware line for BHS, and is also a published author with *School For Stars*, written with her sister Kelly.

Despite having the support of her TV executive husband, Dan Baldwin, there are fears she's taken on too much. 'Dan wanted her to take things easy and have an extended time off,' reveals a source. 'He knows how gruelling live TV can be – Holly's stretched in lots of different directions.'

'A consummate professional, she'd never, ever drop the ball – but being so hard on herself to get things perfect has put her under a lot of stress. Everyone's worried it'll be hard to sustain long-term.'



With screen 'husband' Phillip on *This Morning*



HOLLYLAND



Former Strictly star **Judy Murray**, 56, talks about the show and becoming a gran

On Strictly...

I had such a great time on *Strictly*. All I can tell the new contestants is that it will be such a departure from your normal life - I managed three days of tennis coaching in three months - but I made some very good friends. And it didn't matter how old any of us were, either.



On the new contestants...

I don't know who will end up lifting that glitterball. I know Carol Kirkwood and Ainsley Harriott - not really well but I've met them - so I'll be watching them

closely and hoping they do well.

WORDS: JANE ODDY PICTURES, BBC, BBC/RAY BURMISTON/MATT BURLEM, GETTY, SOLO SYNDICATION

I'm Strictly team Ainsley!

On Anton du Beke...

Anton was the secret weapon in our partnership. He treated my dancing with such humour. When I watch *Strictly*, it's not just about the dancing, it's about the characters that you engage with and support. So I get the other side of it. It's not about the best dancer, it's who you enjoy watching.

On her petite, size 10 figure...

I work out at the gym, but I call exercise my JETSA workouts. It stands for Just Enough To Stay Alive. I swim 10 lengths and cycle or run on the treadmill for about 10 minutes. At home, I step up and down the stairs, it's great for your calves.

On X Factor friend Caroline Flack...

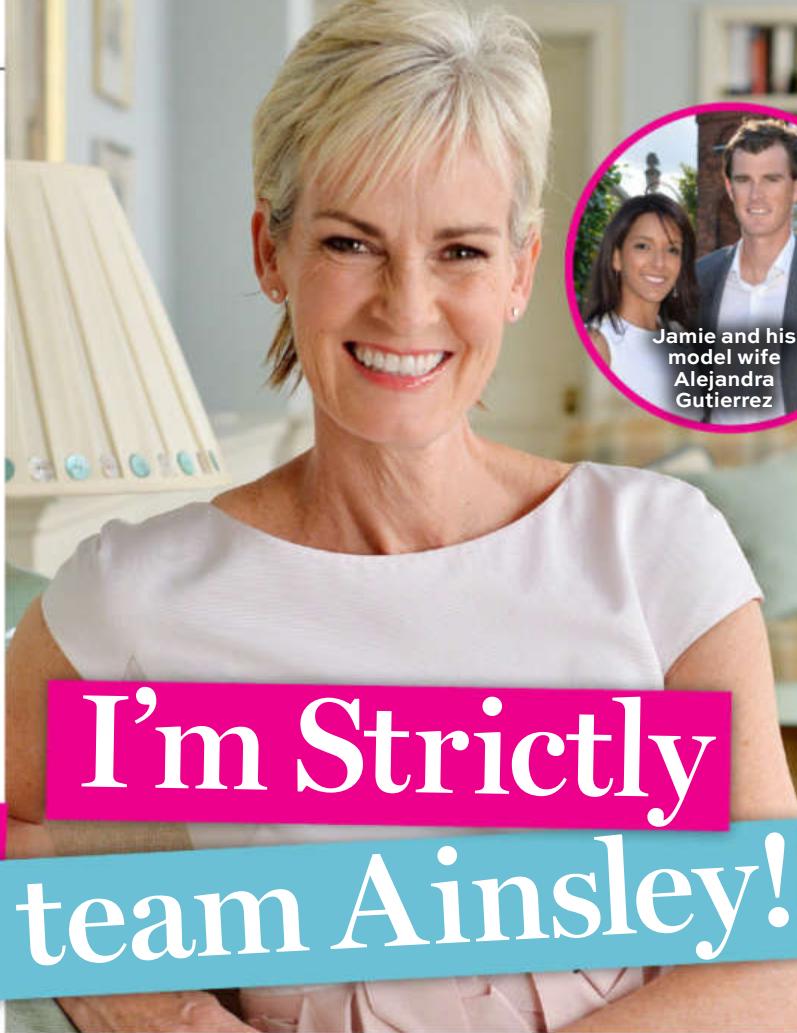
I became great pals with Caroline. She was so nervous every week and I always thought, 'why?'. She's a brilliant dancer and a great TV presenter. But everyone is different and reacts differently in situations. I even watched her on *Love Island*, just to say I watched her in it!



The tennis coach is rooting for Carol Kirkwood and Ainsley Harriott



Caroline and Judy have become good friends



Jamie and his model wife Alejandra Gutierrez



Andy and Kim have been happily married for five months

On sons Andy and Jamie...

I'm glad my sons are both married (Andy to artist Kim Sears and Jamie to Alejandra Gutierrez, a model from Venezuela). They're both very settled in their personal lives and successful in their professional lives. Both of them are really good boys and fun to be around. So life is good at the moment.

On Bake Off...

I've filmed the *An Extra Slice* spin-off show. I love simple things like Victoria sponges and cupcakes, in fact, any kind of cake. Can I bake? Don't be silly! I can make cupcakes, but I'm not very adventurous.

On becoming a granny...

I can't wait (Kim is expecting next April). I hope to be as good a grandmother as my mother, because she was a great granny. I would like to be as good as she was to my own children, and I know I will be very active. I'm happiest in a tracksuit and trainers - I'm definitely not a make-up sort of person.

● Judy is supporting the National Lottery Awards



Bake a Charlotte showstopper!

WANT TO PUT YOUR BAKE OFF SKILLS TO THE TEST? THIS CAKE RECIPE IS PERFECT IF YOU FANCY SOMETHING MORE CHALLENGING

SERVES 8

INGREDIENTS

- Grated zest of 2 limes
- 1 recipe 2-egg cake batter (see below)
- 200g sponge finger biscuits
- 300g strawberries
- Icing sugar, for dusting

FOR THE FILLING

- Juice of 3 limes
- Grated zest of 1 lime
- 300g cream cheese
- 200g sweetened condensed milk
- 16cm loose-bottomed deep cake pan, greased and lined with baking paper
- Ribbon

2-EGG CAKE BATTER RECIPE

- 115g softened butter
- 115g caster sugar
- 2 eggs
- 115g self-raising flour, sifted
- 1 tsp baking powder
- 1 tbsp buttermilk or sour cream

METHOD Use an electric whisk to mix the butter and sugar in a bowl until light and creamy. Add the eggs and whisk again. Fold in the flour, baking powder and buttermilk or sour cream using a spatula, until incorporated.

Preheat the oven to 180°C/gas mark 4. Fold the lime zest into the cake batter and spoon into the prepared cake pan. Bake for 20-30 mins, until the cake is golden brown and a knife inserted into the centre of the cake comes out clean. Let cool.

For the filling, put the lime juice and zest, cream cheese



A traditional Charlotte makes such a pretty centrepiece, tied with ribbons and topped with berries. This lime sponge is topped with a tangy lime mousse, piled high with ripe and juicy berries.

and condensed milk in a mixing bowl and whisk until thick and creamy. Spoon the mousse on top of the cooled cake and chill in the fridge for at least 3 hours, or preferably overnight, until set.

When ready to serve, slide a knife around the edge of the pan and remove

the sides. Remove the pan base and lining paper and place cake on serving plate.

Carefully press the sponge fingers around the sides of the cake. They should stick to the mousse. Once finished, tie the ribbon around to hold fingers firmly in place.

Remove most of the

strawberries' stalks, leave a few for contrast. Place the fruit on top of the Charlotte, with the ones with stalks at the top. Dust with icing sugar and serve.

The cake will keep for up to three days in fridge, but only assemble just before serving as the sponge fingers will go soft.

The mega crossword

WIN 1 X £200, 2 X £100 OR 3 X £50 PRIZES

WIN
£550

Both these sets of clues lead to the same answers, revealing in the shaded squares a film starring Tom Hardy (6)

STRAIGHT CLUES ACROSS

- Type of country, such as Bolivia (8)
- Brand of vacuum cleaner (6)
- Lazy (4)
- Aid, help (10)
- Private approach to a house (5)
- Belly (5)
- Canine creatures (4)
- Ace or Jack, e.g. (4)
- Very sharp (5)
- Legendary beliefs (5)
- Meat in bun snacks (10)
- Musical group (4)
- Building material (6)
- Obstinate (8)

DOWN

- Person studying books, etc. (6)
- Donkey and horse hybrid (4)
- Not sullied (5)
- The objects over there (5)
- Words and phrases knowledge (10)
- Greeted (8)
- Valise, grip (4)
- Greens, potatoes, etc. (10)
- Stated (8)
- Ravenous (6)
- Terrible beast (5)
- Turns into a solid (4)
- Magazine edition (5)
- Infant (4)

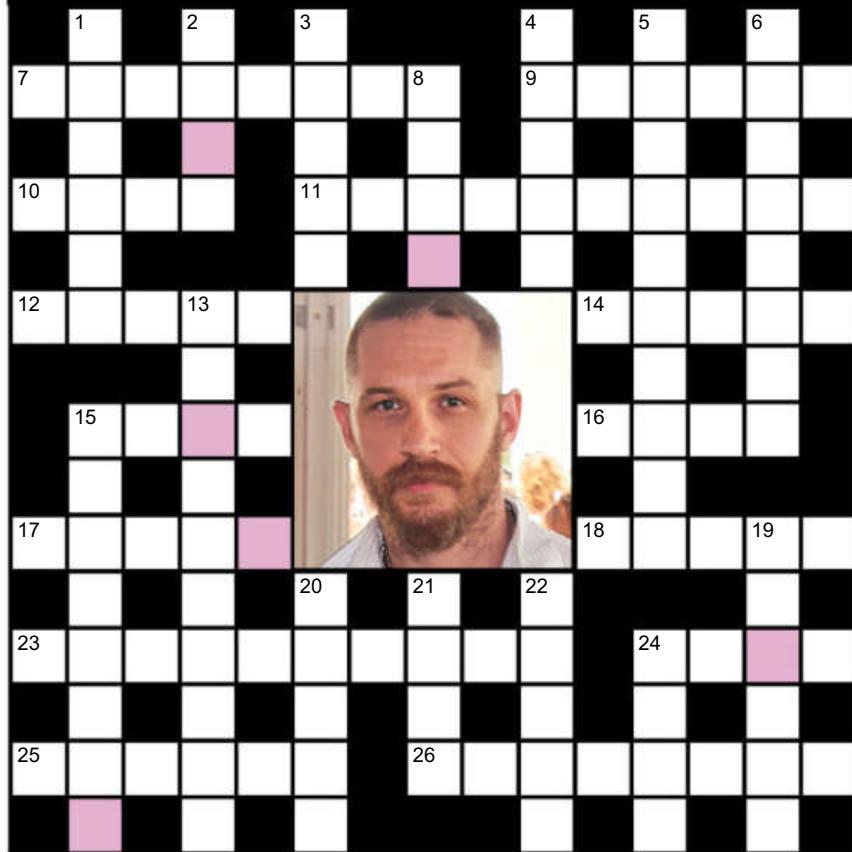
CRYPTIC CLUES ACROSS

- Austria, possibly, is concerned with all people (8)
- Cleaner President? (6)
- Lied about being out of work (4)
- Help with scanties as ordered (10)
- Motivation to go by car (5)
- Yummy! With a new leader, this could be filled! (5)
- Follows with bloodhounds, perhaps (4)
- Joker, maybe, or an eccentric person (4)
- One attractive accent! (5)
- May you try hard seeing starts of legends, etc. (5)
- Food for certain German citizens (10)
- Reportedly proscribed group (4)
- Bond men, etc., wandering (6)
- Being obstinate, turns Bob off (8)

DOWN

- Re. 'Dear confused bookworm' (6)
- Proverbially 26 Across item of footwear (4)
- Remove dirt from

TO ENTER CALL 0901 609 4232 (UK 65ppm)[†]
/ 1550 716 023 (ROI 97cpm)[†] CODE: PUBSTN15572



- broken lance (5)
- The outcome could be, 'Not these!' (5)
- 'Bravo Lucy!' a replacement word list! (10)
- Cow led me astray, it's accepted gladly (8)
- Action needed for a piece of luggage (4)
- Beagle's vet ordered foodstuffs (10)

- Raced and led astray, it's said (8)
- In need of food which is suspended over small railway (6)
- Rebut awkward beast (5)
- Solidifies into groups (4)
- Problem with children? (5)
- Very small person, but could still be grand! (4)

ANSWERS

CROSSWORD

32/15 ANTMAN
ACROSS 8 Moderate
 9 Images 10 Native
 11 Specimen 12 Towel
 13 Armed 14 First
 16 Toast 18 Dares
 20 Cells 25 Firewood
 26 Reason 27 Beetle
 28 Listened
DOWN 1 Tomato
 2 Delivers 3 Caber
 4 Dense 5 Rider
 6 Rapier 7 Referees
 15 Imagined
 17 Operated
 19 Events 21 Loosen
 22 Moved 23 Adult
 24 Frost

PICTURE: GETTY

best PRIZE PUZZLES ENTRY COUPON ISSUE 36

1 Crossword ANSWER CODE: PUBSTN15572

Send to: Best Prize Puzzles (36/15), Hearst Magazines UK, The Data Solutions Centre, Worksop S80 2RT. Print in ink. One entry per household. Postal entries to reach us by closing date of 25 September 2015. Winners will be drawn at random from correct entries received by post and phone. Names and addresses of winners available on request. No correspondence can be entered into. The editor's decision is final.

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Address _____

Postcode _____

Date of birth** _____

Home telephone** _____

Mobile telephone** _____

E-mail address** _____

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TO THE NAME AND
ADDRESS AS WRITTEN
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THE COUPON!

**optional information

*For full T&Cs see p3. We will use the information you supply to process your competition entry. For our privacy policy, visit hearst.co.uk/dp. To enter by post, use coupon, left.

Lines open 8 September 2015 till midnight on 22 September 2015 (closes 25 September 2015 for postal entries). Over 18s only. UK Calls cost 65p per min plus your telephone company's network access charge; ROI 97c per min, and should last no longer than 2 mins. UK SP: Spoke (0333 202 3390). ROI SP: Phonovoice/Spoke (01437 8815). To enter by post, use coupon, left.

FOLK AT HOME!

Cheerful colours, combined with bold floral and pretty paisley create an eclectic look, perfect for tea time

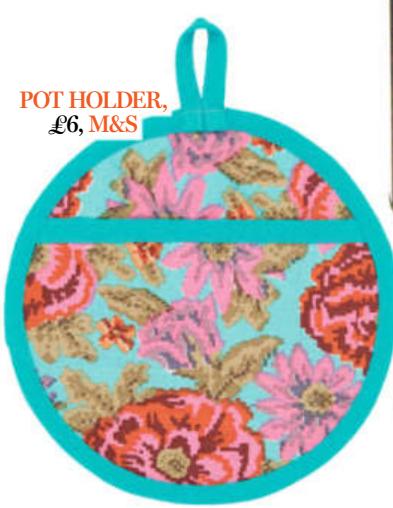
PLATE, £12,
CREATIVE-TOPS.COM



OWL TEAPOT,
£7, GEORGE AT
HOME



POT HOLDER,
£6, M&S



JUG, £5, BHS

VASE,
£18, OLIVER
BONAS



TIN, £12.50,
M&S



JAR, £4.99,
HOMESENSE



BOWL, £4.99, HOMESENSE

BHS's
tapestry
collection clashes
colour to make a
modern, boho
look



TEAPOT, £15, POT, £4, MUG, £6, OWL MUG, £6, BOWL,
£7, PLATE, £7 AND VASE, £12, ALL FROM BHS

THIS WEEK...

Autumn energy money savers

Who doesn't love saving money on their fuel bill? These simple tips will keep your home nice and cosy this winter

46%
of UK homes could be owed a refund from their energy supplier

WINTER AND SUMMER USAGE

Many people find that after the summer they are in credit with their energy supplier due to not using the heating so much. While it can be tempting to ask

for the refund, it's important to remember that accounts can fluctuate between credit and debt depending on the season. Sometimes being in credit can provide a buffer against the colder months when usage typically goes up and your bills could end up higher. Leaving the money as a credit on your account can avoid a nasty shock. However, if you do have a credit on your account, under rules introduced a few years ago, suppliers must refund this money to you if you ask for it. The average household in credit could reclaim £93 from their supplier, but think about it first.



As a result, the energy industry is often criticised for leaving consumers with huge increases in their bills. Flow Energy, however, has just reduced its standard variable rate to match its cheapest fixed rate tariff to ensure that variable rate customers continue to receive the best possible energy package. So check your tariff and make sure that you aren't paying over the odds when your deal ends.

FIXED VS VARIABLE TARIFFS

Many fixed gas and electricity plans expire this month and, when a set rate energy deal ends, households are typically shifted on to expensive standard variable tariffs.

71% per cent of our annual gas bill and 54 per cent of our electricity bill

Cashback Queen



With Dragons' Den's
Sarah Willingham

NEW TECHNOLOGY

Price comparison site uSwitch has just launched a new iPhone app called 'Compare, Switch, Track, Save', which includes a new QR (quick response) code scanning function to make it easier for people to switch suppliers or shop around for better deals. Following new government rules, energy suppliers are now required to display QR codes on bills to help consumers get an instant cross-market comparison. Each code contains information about the customer's current tariff, energy consumption, post code and other information needed to search the market for better deals. It could be a game changer in the market and give more power back to the consumer.

33%
of consumers only look at the amount they need to pay for energy rather than the actual detail of their bills

SWITCH AND SAVE

Autumn usually sees the start of an energy price war, and British Gas have already said that their standard tariff will be reduced by 3 per cent with SSE launching the market's cheapest fixed rate tariff.

With more reductions expected from other suppliers, now is a good time to review your current deal and see if you could switch and save money. It takes 10 minutes, you're never without energy and all you need is your bill. You can call UK Power on 0800 088 6973 free from a landline to find the best deals, or visit

uswitch.com. Don't be afraid of leaving behind the big six energy companies. First Utility, Ovo and extraenergy are all highly rated.



WHAT DO YOU THINK?
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best
[daily.co.uk](#)

best DRESSED

YOUR WEEKLY
STYLE FIX



Nicole Scherzinger looks glamorous in a statement faux fur scarf.

SHOP THE LOOK

Stripe scarf, £22, very.co.uk



Fedora, £16, M&Co



Tassel necklace, £12, New Look



Shoulder bag, £69, Dune



Faux fur scarf, £30, House of Fraser

Accessorise all areas!

Update your look with our pick of must-have finishing touches...

• Looking to update last year's coat?

Pick up a faux fur scarf or wrap to give it a glam new look this autumn. Play it safe with classic tan or experiment with wilder shades of berry, green or blue.

• While a roomy tote is still an everyday essential, you should invest in something a little smaller for when you don't need to carry everything but the kitchen sink. A smart shoulder tote looks great with tailoring or equally chic dressed down at the weekend. Experiment with a vibrant colour that will add a pop of brightness to a dark winter palette.

• Tassels are everywhere!

Our favourite way to embrace this look is with a pendant necklace – super stylish worn over a black rollneck or teamed with a round neck tunic top.

• There's no escaping hats this winter. Our favourite style is the felt fedora, stunning with a long belted coat, or team with an embroidered tunic and a pair of flares.



Bag a blouse

More formal than a tunic but equally easy to wear. A floaty blouse will become your new season favourite...

Ruffle, 10-20, £30, Dorothy Perkins



Floral, 12-32, £35, JD Williams



Geo print, 10-20, £35, Wallis



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B
PAT BUTCHER
C
KAT SLATER

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